

Welcome

to Maintenance Orientation

During the session, please mute your audio unless you have a question.



Today's Agenda

- Smooth, supported transition from meal replacements to food
- Your weight management journey
 - Biology of weight loss and adjusting to your new body
- Positive Choice support resources
 - Learn behavior change – 10 weeks Maintenance
 - Access long-term support – Boosters
 - Support Resources & FAQ

- How do you feel about eating again?
- What would you like to get out of Maintenance?



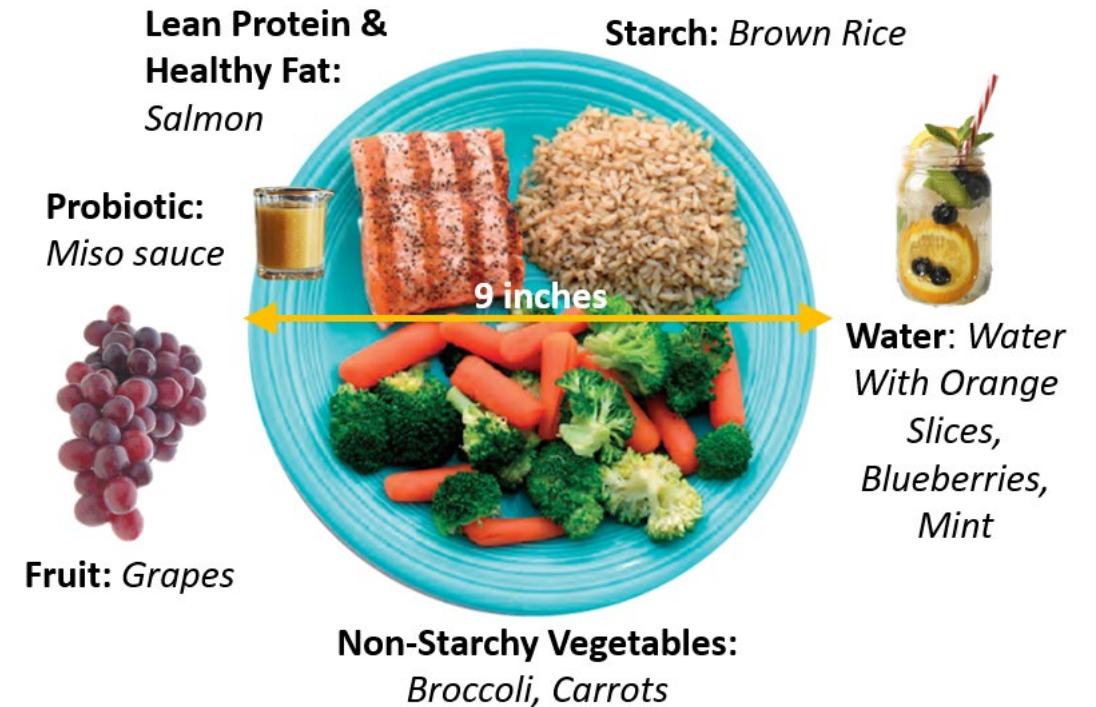
Transitioning From MR To Maintenance

	Meal Replacement
7:30 am	
10:30 am	
1:30 pm	
4:30 pm	
7:30 pm	

Full Food

Food	Servings
Meal Replacements	0
Protein	4
Vegetable	5+
Leafy Salad	1
Beans/Grain/Starchy Vegetables	2-3
Fruit	2-3
Healthy Fat	4
Milk/Plant-Milk/Yogurt	1
Vitamin/Mineral	Recommended
Calories	1230-1460

Maintenance Plate Method



Lean Protein & Healthy Fat: *Salmon*

Starch: *Brown Rice*

Probiotic: *Miso sauce*

Fruit: *Grapes*

Water: *Water With Orange Slices, Blueberries, Mint*

Non-Starchy Vegetables: *Broccoli, Carrots*

9 inches

Transition Off Meal Replacement (TOMR) Support Group

Adding food back into your life after losing weight using meal replacements can be a bit scary.

TOMR is carefully designed to add food back in a way that maximizes weight loss and minimizes hunger while limiting for a short time your food choices to help avoid over-stimulation.

You can do this...and we are here to help!

**Virtual TOMR Support
Group Thursdays at 6-6:30 pm**

1 Our Services

WEIGHT MANAGEMENT	FITNESS
Healthy Lifestyle Program (Healthy Balance)	Individual
	Physical T
2 Meal Replacement Program	Group Cla
Bariatric Surgery	STRESS M

3 [>Skip to program materials](#)

4 **2. Transitioning Off Phase**

5 **LOG INTO SUPPORT GROUP →**

Your Strengths and Tools

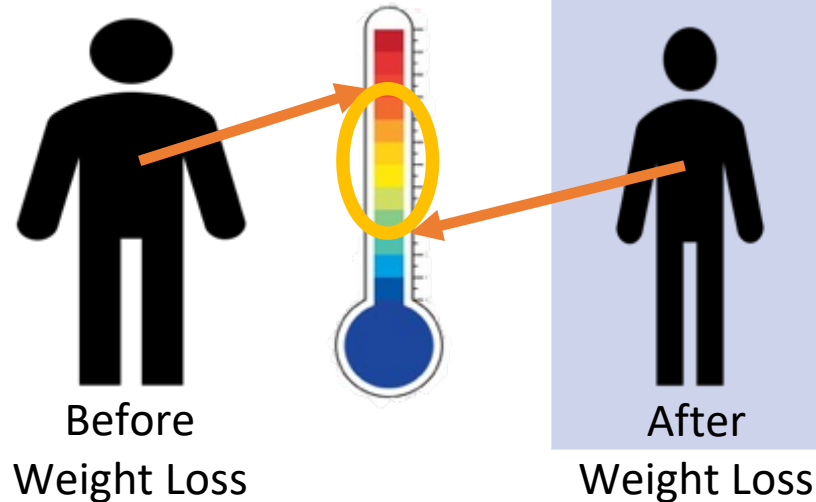


FOOD FOR THOUGHT: During the Meal Replacement Program, what are some tools that you have developed? What are some strengths you have leaned into to better care for yourself?

Why Is Long-term Weight Management So Hard?

The Weight Loss Energy Gap

- Your body has a biological drive to regain weight (survival mode)
- Some weight regain is normal as you adjust to your new calorie needs



The Energy Gap

Desire to eat more food

- ↑ Hunger
- ↓ Feeling of fullness

Burn fewer calories

- ↓ Calorie usage
- ↑ Calorie efficiency

Closing The Energy Gap

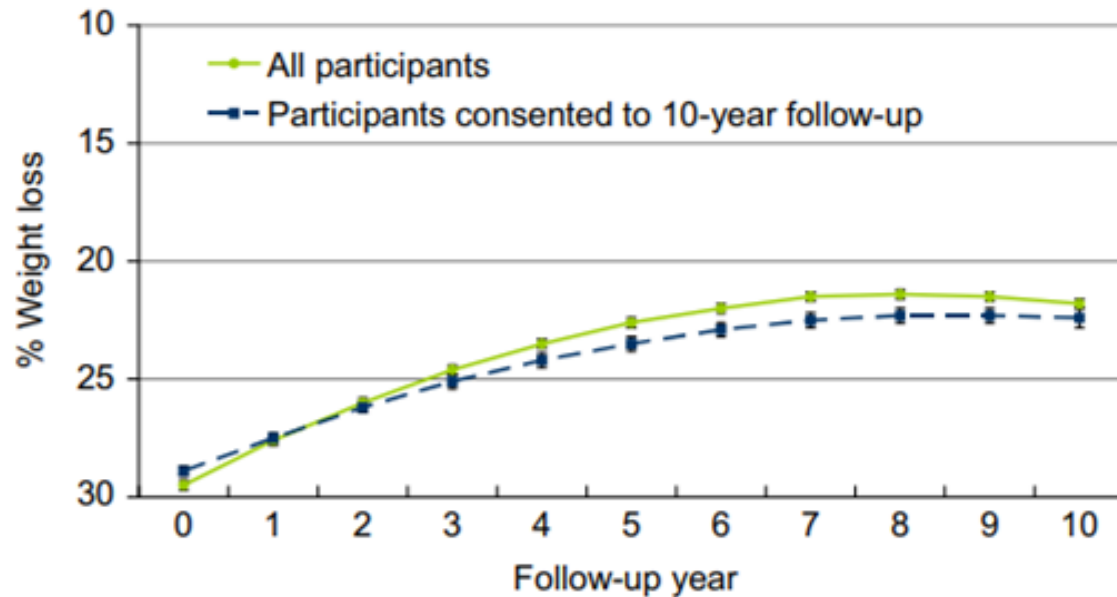
Feel full and satisfied

- ↑ Protein
- ↑ Fiber

Burn more calories

- ↑ Daily activity
- ↑ Muscle

Weight Management Becomes Easier Over Time



Thomas J, Bond D, Phelan S, Hill J, Wing R, Weight-Loss Maintenance for 10 Years in the National Weight Control Registry. *American Journal of Preventive Medicine*. 2014; 46(1): 17-23.

- The possibility of regain is highest during the first year following weight loss.
- Weight management becomes easier over time and long-term success can be achieved.

You can have LONG TERM WEIGHT MANAGEMENT SUCCESS!

National Weight Control Registry (NWCR)

10-year study of 3000 NWCR members who maintained a weight loss of at least 30 pounds for over 1 year.

Long term weight management is possible with SUSTAINED behavior change.

Strategies for Long Term Weight Management Success



Diet

- 98% of registry participants maintain a low-calorie, low-fat diet.
- 78% eat breakfast every day.



Exercise

- 94% increased their physical activity, most of them are walking.
- 90% exercise on average 1 hour per day.
- 62% watch less than 10 hours of TV per week.



Self-Monitor and Track

- 75% self monitor by weighing themselves at least once a week and/or track food intake.



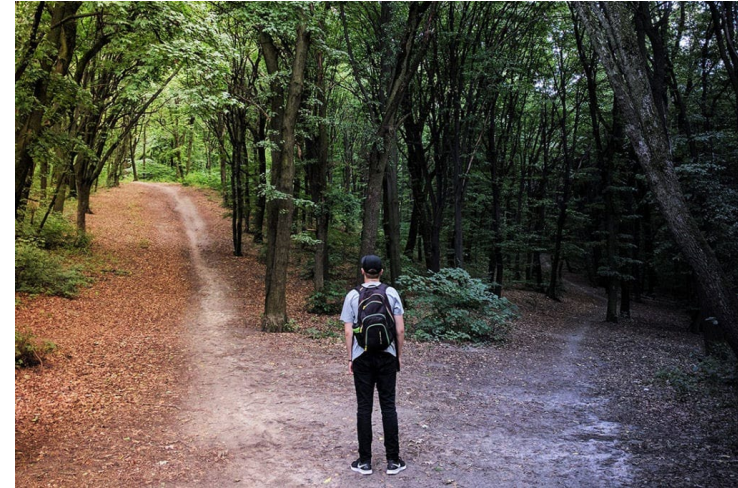
Support

- Significant beneficial effect of support group programs up to 3-4 years on short- and long-term weight management.

Key Drivers for Weight Management

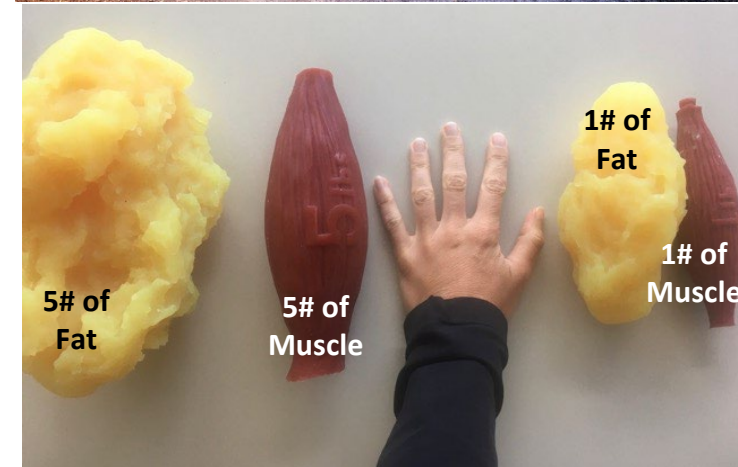
You are more than just your biology!

- Make conscious choices
- Be mindful
- Learn new behaviors



Exercise helps you to

- Celebrate what your body can do
- Better manage hunger
- Counters the biological drive to regain weight



FOOD FOR THOUGHT: How do you care for yourself today?

Positive Choice Support Options



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- Learn behavior change
 - 10 weeks Maintenance
- Access long-term support
 - Boosters
- Support Resources & FAQ

Learn Behavior Change – 10 Weeks MAINTENANCE

- Weekly 90 minutes class
- Open enrollment
- Virtual Maintenance
 - Mondays 6:30pm to 8pm
 - Thursdays: 4pm to 5:30pm

Session	Topic
1	Making A Plan That Works For You
2	Balancing Food And Fitness
3	What Makes A Balanced Plate?
4	Getting The Most Out Of What You Eat
5	Make Friends With Your Gut
6	What's In A Label?
7	Who Wears The Apron? Taking Control Of Your Meals.
8	<i>WHERE</i> Are You Hungry? Mindful Eating.
9	It Starts With The Cart
10	Prioritizing SELF-Care.

Reminder: Yes, there is an attendance policy.



Maintenance Webpage on PositiveChoice.org

1 [Our Services](#)

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Presentation Slides

- [Making A Plan That Works For You](#)
- [Balancing Food and Fitness](#)
- [What Makes A Balanced Plate](#)
- [Getting The Most Out Of What You Eat](#)
- [Make Friends With Your Gut](#)
- [What's In A Label ?](#)
- [Who Wears The Apron. Taking Control Of Your Meals.](#)
- [WHERE Are You Hungry. Mindful Eating.](#)
- [It Starts With The Cart](#)
- [Prioritizing SELF-Care](#)

3 [>Skip to program materials](#)

4 **3. Maintenance Phase**

5 [Downloadable program materials](#)

Tracking Tools

- [Daily Behavior Record](#)
- [Daily Wellness Planner](#)

Additional Resources

Nutrition Resources

- [Ideas For Meals And Snacks](#)
- [Meal Planning Worksheet](#)
- [Healthy Cooking Resources](#)
- [Mindful-Eating-Placemat](#)
- [Vitamin and Mineral Guide](#)

Fitness Resources

- [Exercise Videos](#)
- [Fitness Packet](#)
- [SECA Result](#)

Further Education:

- [Positive Choice Podcasts](#)



and



or



- Do I still need to check in, weigh in or get labs?
 - No.

- How to schedule your post-weight loss **SECA** appointment?
 - Please call (858) 616-5600 to make your appointment.

- How can you purchase Meal Replacement products and how would that fit into your maintenance plan?

- What can you do if you struggle? What resources are available?

- Any other questions?

How to Purchase Medical Meal Replacement Products?

What Is The Eligibility Criteria?

- Attend at least one class per month

What Can Be Purchased?

- Any of the meal replacement products that you were using previously*

How Much Can You Purchase?

- 2 boxes per week, 8 boxes per month
- No limit for bouillon cubes

What Is The Cost?

- Shakes, Soups, and Bars: \$22.00 per box
- Bouillon: \$7.00 per box

When And Where Can You Purchase Products?

• **Garfield**

- Mondays to Thursdays: 7:30am to 4:30pm.

• **Vista**

- Mondays & Tuesdays: 7:30am to 12:30pm and 1:30pm to 4:30pm. (***Closed 12:30pm to 1:30pm***)

• **Otay Mesa**

- Wednesdays: 9am to 12:30pm and 1:30pm to 4:30pm. (***Closed 12:30pm to 1:30pm***)

• **Bostonia**

- Thursdays: 9am to 12:30pm and 1:30pm to 4:30pm. (***Closed 12:30pm to 1:30pm***)

*Nutrimed will be phased out by March 2025.



Interested in Meal Replacement Products?

ONLINE ORDERING is now available!

- 1) Use this QR code.



Order Meal Replacement Products

- 2) Visit the Positive Choice website to place your order.
 - Look for the button below.



Your products will be delivered straight to your door!

When ordering, please be mindful of the following:

- 1) Standard Delivery Fee for each order is **\$10.00**.
- 2) Estimated delivery time is **1-2 weeks** form the date of the order.

Thank you so much!

Access Long-Term Support - BOOSTERS

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	STRESS M

2

3 >Skip to program materials

4 4. Ongoing Support Phase

5 VIEW AND ENROLL IN BOOSTER SESSIONS →

To register, call 858-616-5600 or complete [this registration form.](#)



Maintenance Boosters

Booster Support Group



Sharing, support and tips for members post FMR program

- Opportunity to share experiences, feelings, and coping strategies.
- A safe space to problem solve and support one another.
- Opportunity to bring up relevant topics.

Available on a biweekly basis!

- 1st and 3rd Thursday: 4pm to 5pm

Please register online or call (858)616-5600.

In-Person Fitness Booster Classes

Welcome to Maintenance Boosters



- Meet in-person in the exercise room at Garfield.
- Come learn how to build muscle, burn calories with cardio, and stretch.

Available on a biweekly basis!

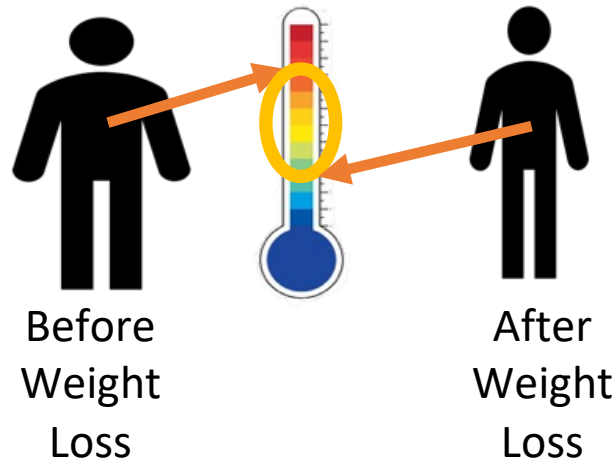
- 1st and 3rd Tuesdays: 10 am to 11:30 am



Please register online or call (858)616-5600. Registration is required as space is limited.

Keys to Long-Term Weight Management Success

- ✓ Eat a balanced plate rich in protein and high fiber, non-starchy vegetables
- ✓ Daily activity, building up to 30-90 minutes most days
- ✓ Self-monitoring by tracking weight, food, and/or exercise
- ✓ Utilize support group programs for up to 3-4 years

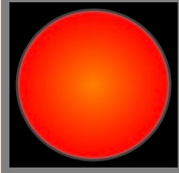
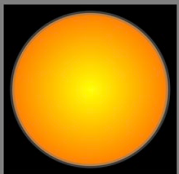
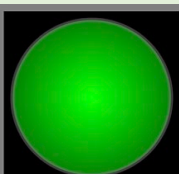


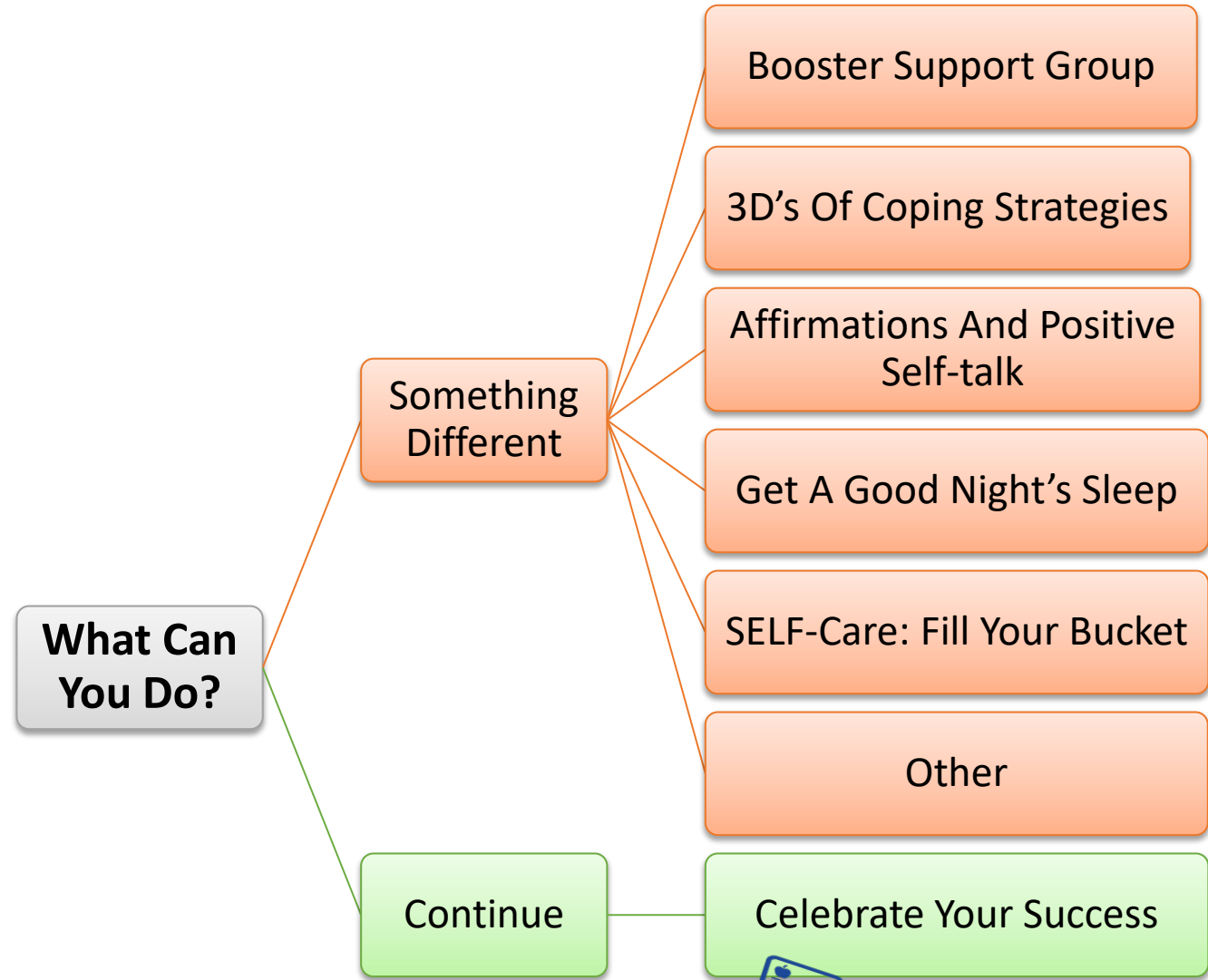
Nutrition Note:

- Long-term weight management is possible with **SUSTAINED** behavior change!



Traffic Light: A Tool To Help Keep You On Track

	Definition	Examples
	<p>Red Light Behaviors</p> <p>Warning signs that you are starting to fall off track.</p>	
	<p>Yellow Light Behaviors</p> <p>Warning signs that you are slipping back into behaviors you want to avoid.</p>	
	<p>Green Light Behaviors</p> <p>Behaviors that you know you want to keep up because they support your goals.</p>	



Action Item: Have you shared this tool with one of your support people?

A weight range of 10-15 pounds is more **sustainable** than a set number.

It takes time to learn new habits around shopping, meal prep, mindfulness, and exercise.

- Be patient and positive as you learn how to care for your new healthier body.

Progress over perfection!

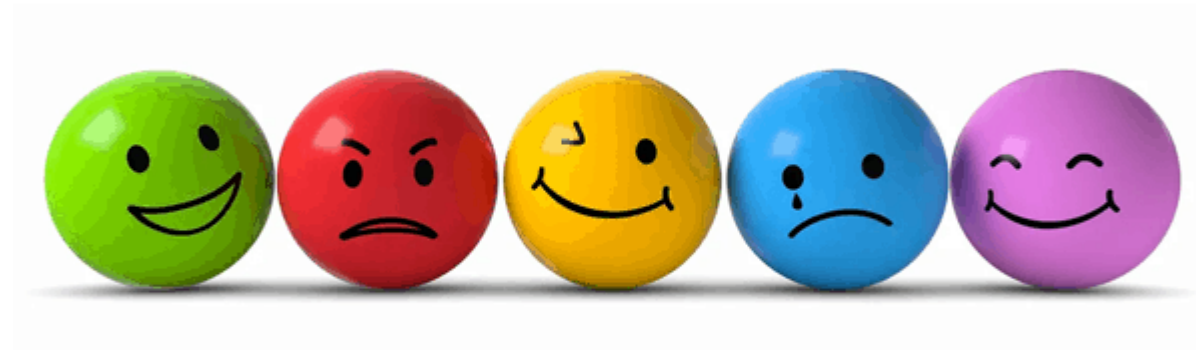
- A healthier body at any weight is progress.



FOOD FOR THOUGHT: How do you support and encourage yourself?



- How are you feeling about moving to Maintenance?



Register For Maintenance at PositiveChoice.org

When you are ready for the 10 weeks Maintenance Program, then please use the [Maintenance Program Enrollment Form](#), which is located on the Maintenance Bookshelf, in your KP.org message, or call 858-616-5600 to register.

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5 **ENROLL IN 10-SESSION MAINTENANCE CLASSES →**



Maintenance Program Enrollment Form