

Motivation

Renew

A Weight Loss Rx Lifestyle Class

Welcome to class!

Reflection Questions:

- What motivates you?
- What is your primary reason for making health changes?

Motivation

MODULE 1:

Creating a
Healthy Lifestyle

Renew

A Weight Loss Rx Lifestyle Class

The SELF Principle



Sleep is health

Poor sleep is linked to obesity, heart disease, stroke, cancer, and dementia. Aim to sleep at least 7 hours each night.



Exercise is health

Help your heart, mind and body by moving throughout the day. Find what you enjoy and do it everyday.



Love is health

Gratitude, prioritizing healthy relationships, mindfulness, and self kindness all improve overall well being.



Food is health

Food gives us life, energy, and joy. Evidence supports a whole food, plant-rich diet may improve all aspects of health.



What does success look like?

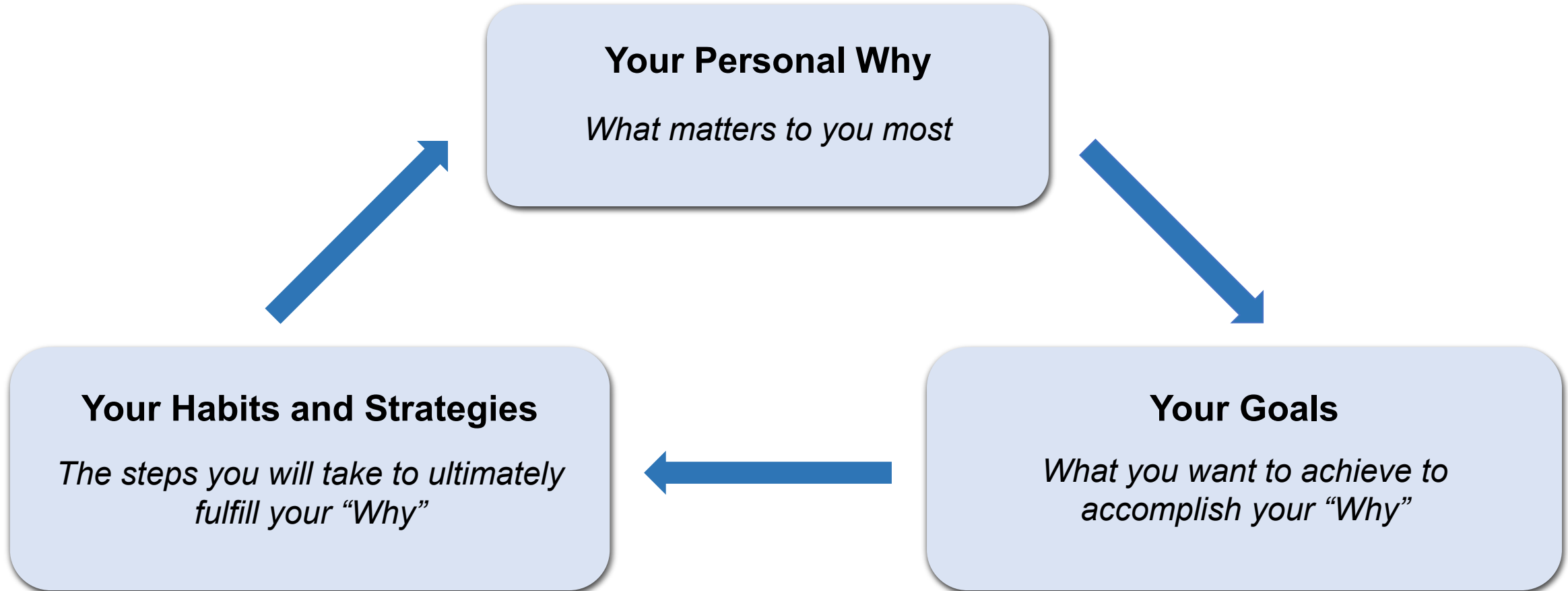
Mindful Minute

My Personal Why



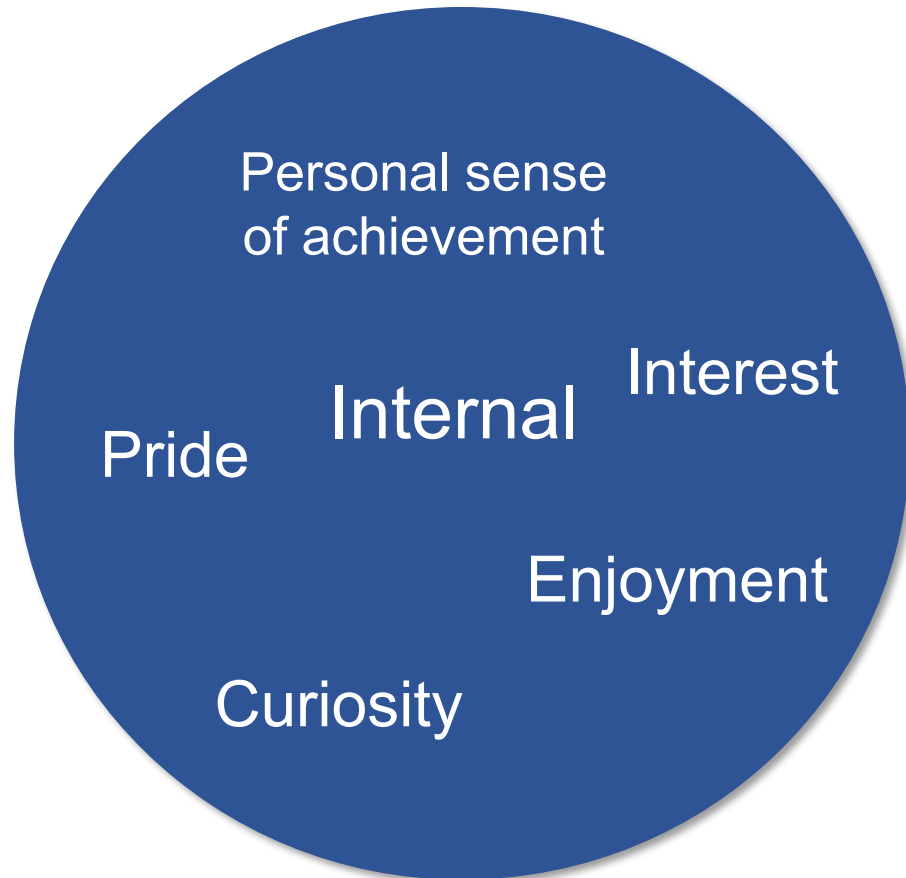
- What came up during the meditation? How did you visualize your best self?
- Where do you see yourself in one year?
- Where do you see yourself in five years?

Putting Your Why Into Action



Internal VS External Motivation

As you think about your “why,” think about whether you are being internally motivated or externally motivated?



Internal VS External Motivation

Internal Motivators

- Things we do because we *want* to do them
- Motivation driven by values and goals
- Feel like our efforts matter
- Gain satisfaction or joy from results

External Motivators

- Tangible or intangible rewards to help us stay on track.
- Can help us avoid negative consequences
- Can ebb and flow
- Most effective when based on internal motivators

Personal Motivators

- What are some internal motivators that are driving your decision to change?
- What are some external motivators that are driving your decision to change?



Rate your current motivation to change your health behaviors

Scale of 1-10

1 being low

10 being high

POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER



Cultivating Motivation

- Motivation naturally ebbs and flows.
- Feelings of success increase motivation and confidence.



Set Realistic Goals

- Meet yourself where you're at.
- Make goals based on actions.
- Set goals that are 100% achievable.



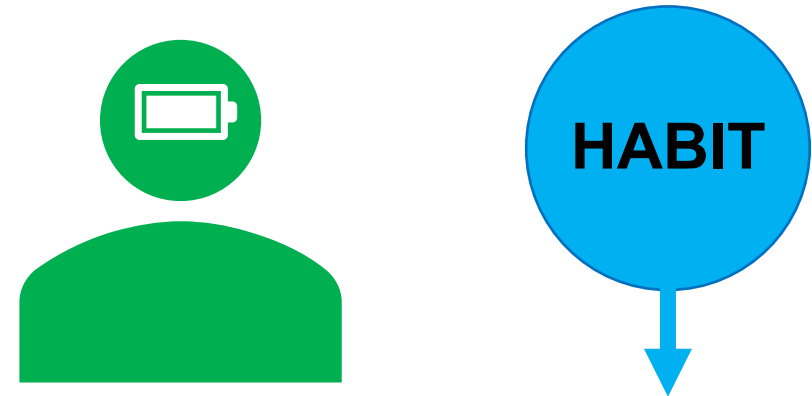
The Highs and Lows of Motivation

When motivation is low...



1. Reduce quantity
2. Just do the first step
3. Easy to do in 30 seconds or less
4. "Anchors of Hope"

When motivation is high...



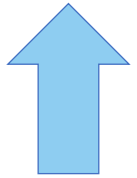
1. Can complete a larger habit
2. Challenge yourself!
3. Ride the motivation wave

Success momentum

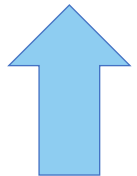
What matters most:



Frequency
of success



Confidence



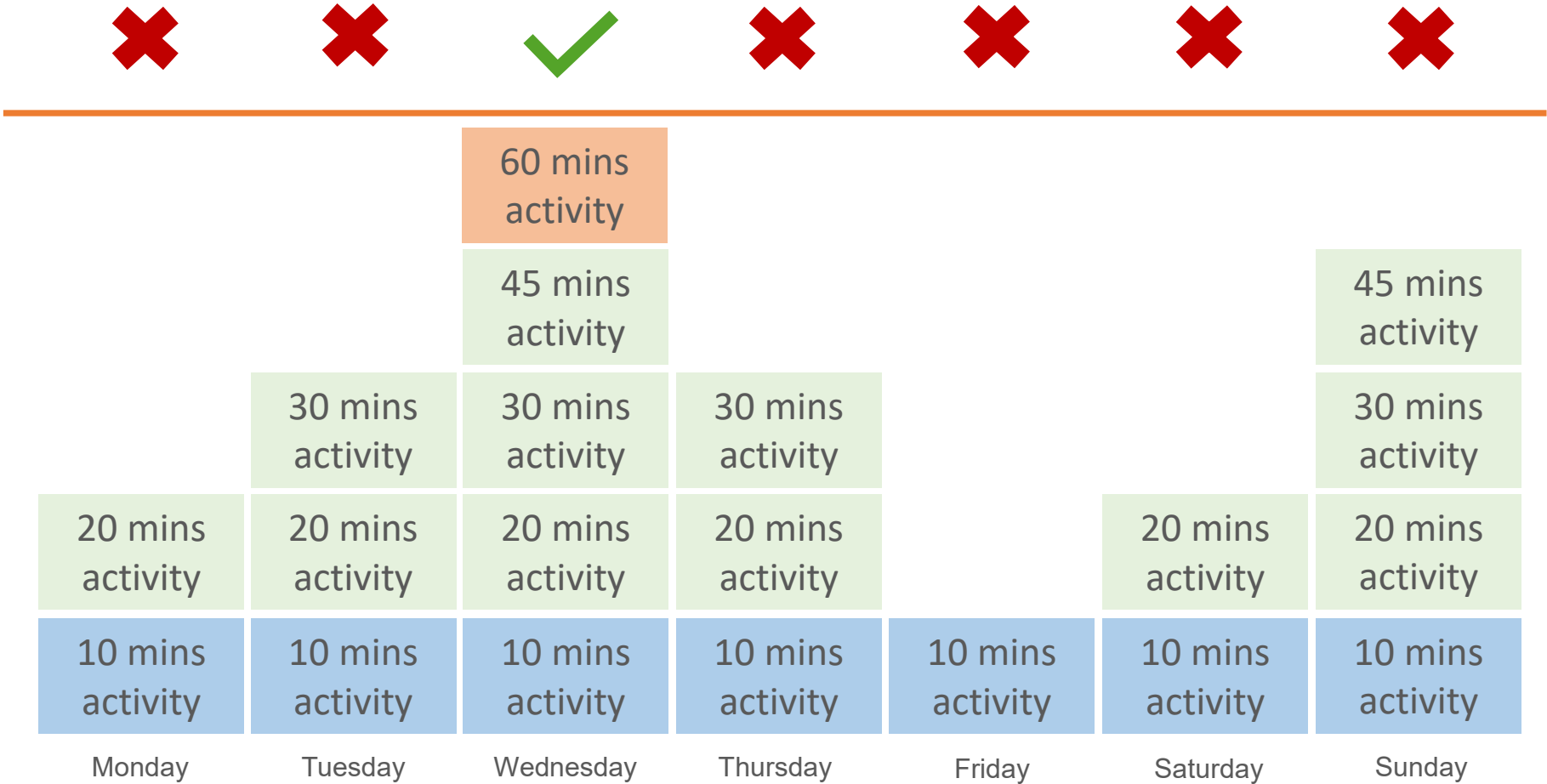
Motivation



Size of success

Example

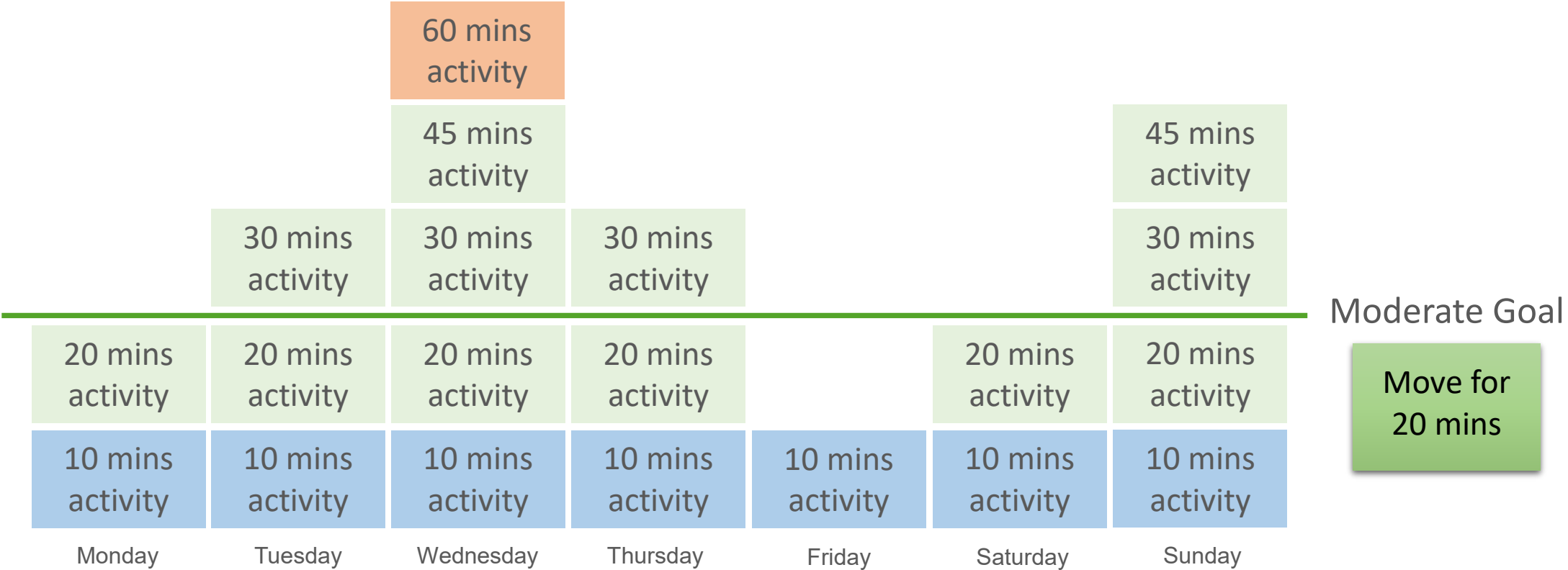
Big Goal
Feels Like:



Big Goal:

Move for
60 mins

Example



Moderate Goal
Feels Like:



Every time you meet a goal, you are:



- Paving the road
- Keeping a promise to yourself
- Increasing trust in yourself
- Building your confidence that you can do it again

Celebrate All Your Wins!

When you accomplish a desired habit, acknowledge your success.

I exercised today
and felt better
afterward!

I just finished a
salad full of different
colors. I'm
nourishing my body!

I took a moment to
recognize my
hunger signals. I'm
learning to honor my
feelings.



How Will You Celebrate?

- Examples:
 - Dance party
 - Pat on the back
 - “I’m so glad I _____ because _____”
 - Tell a friend
 - Stickers



What's one thing
that stood out in
today's class?

What is one small step you
could take to incorporate that
this week?

Add this to your journal.

Resources



positivechoice.org/renew

Optional Meal Plan

Plan	Breakfast	Snack	Lunch	Snack	Dinner
LOW 1,000-1,200 calories 70-110 grams protein	2 oz protein 1 fruit 1 healthy fat 1 probiotic 1 grain, legume, or starch	1 protein supplement OR 2 oz protein 1 healthy fat	4 oz protein supplement OR 2 cups vegetables 1 healthy fat	1 protein supplement OR 1 probiotic	4 oz protein supplement OR 2 cups vegetables 1 healthy fat
Moderate 1,000-1,400 calories 80-130 grams protein	2 oz protein 1 fruit 1 healthy fat 1 probiotic 1 grain, legume, or starch	1 protein supplement OR 2 oz protein 1 healthy fat	4-6 oz protein supplement OR 1 healthy fat 1 grain, legume, or starch	1 protein supplement OR 1 probiotic	4 oz protein supplement OR 2 cups vegetables 1 healthy fat
HIGH 1,400-1,700 calories 90-140 grams protein	2 oz protein 1 fruit 1 healthy fat 1 probiotic 2 grains, legume, or starch	1 protein supplement OR 2-4 oz protein 1 healthy fat	4-6 oz protein supplement OR 2 cups vegetables 1 grain, legume, or starch	1 protein supplement OR 1 fruit 1 probiotic	4-6 oz protein supplement OR 2 cups vegetables 1 healthy fat

Getting Started with Strength Training



KP Health Resources

