

Environmental
Messages

Renew

A Weight Loss Rx Lifestyle Class

Environmental Messages

MODULE 2:

Building Lasting Change

Welcome to class!

Reflection Questions:

- What type of messaging have you received about your body?
- How do you incorporate these messages in determining your self worth?

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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.

Environmental Messages

The way we think about ourselves, the world, and what is happening around us is a result of different messages and experiences we received while growing up.

Direct

Spoken to us

Indirect

Unspoken; modeled through behaviors or expressions that we interpreted meaning from

Environmental Messages

can come from a variety of sources

What sources
influenced your
beliefs about
body/food?



Family &
Caregivers

Media &
Entertainment



Doctors

Cultural
Expectations

Peer Group



Weight Bias

negative attitudes, beliefs, judgments, stereotypes, and discriminatory acts based on a person's weight/body size.

Weight bias can sound like:

“

Losing weight is desirable for everyone.

One should feel shame for a bigger body.

Thinner people are more disciplined and healthier.

Losing weight results in being more attractive, powerful, valuable, and seen.

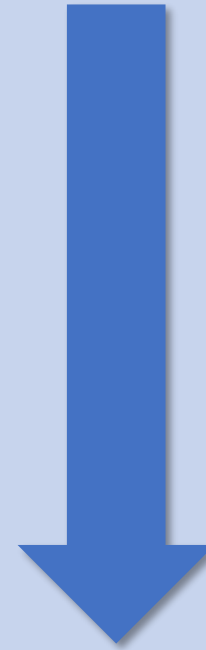
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Impact of Weight Bias

Women who internalize their experienced weight bias:



- Binge eating
- Disordered eating
- Weight gain

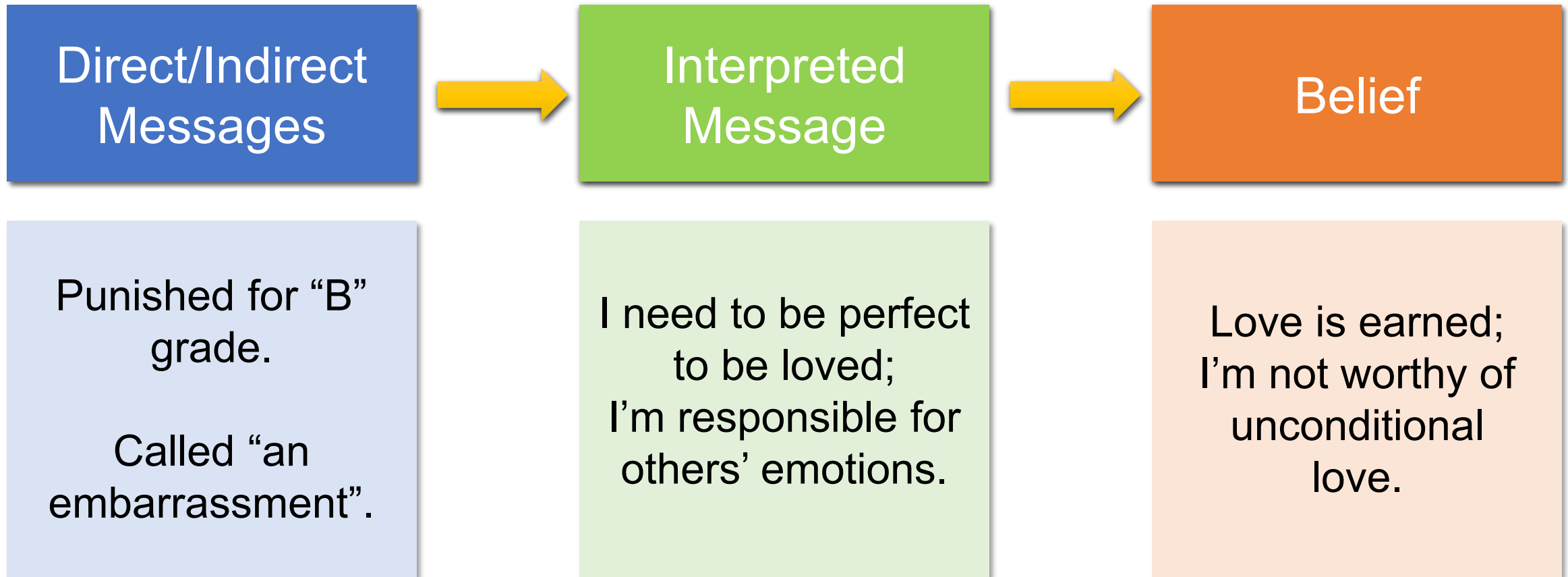


- Pursuit of healthcare
- Body satisfaction
- Physical activity

Impact of Weight Bias

- Key Takeaways:
 - Shame about the body doesn't work. We don't take good care of things we have shame about.
 - Anti-fat messages do not promote health, but rather prevent health.

Messages to Beliefs



Messages to Beliefs

What are some messages you received about your body or your weight growing up?

Are those messages that you still repeat to yourself or have adopted as your beliefs about yourself?

Messages to Beliefs

What are some messages you received about the role of food growing up?

Are those messages that you still repeat to yourself or have adopted as your beliefs about yourself?

Have any of these beliefs changed
since starting the injectable
medications?



Messages to Beliefs

- We can create our own rules and messages that we would like to live our life by.
- Just as repetition of negative messages became negative beliefs, repetition of positive thoughts and messages can become positive beliefs!

Preparing for Relationship Changes

How can you prepare yourself and others for possible changes after weight loss?

POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER



External Reactions to Weight Loss

Loved ones may...

- 1 Try to sabotage your attempts to change
- 2 Become less supportive
- 3 Say you lost too much weight

People may...

- 4 Start to greet you and make eye contact
- 5 Flirt or make sexual advances
- 6 Ask intrusive questions

Your spouse or partner may...

- 7 Need to carefully plan celebrations
- 8 Become clingy and fear you may leave

Have you experienced any of these?
What has been your response?

Let's Practice!

PREPARED RESPONSES

How might you respond if someone said this?

You look amazing.
How did you lose
all the weight?

Write down your prepared response so you have it ready!

Let's Practice!

PREPARED RESPONSES

How might you
respond if
someone said
this?

Those medications are
the easy way out.

*Write down your prepared
response so you have it ready!*

Let's Practice!

PREPARED RESPONSES

How might you
respond if
someone said
this?

Why didn't you
just try dieting
and exercise?

*Write down your prepared
response so you have it ready!*

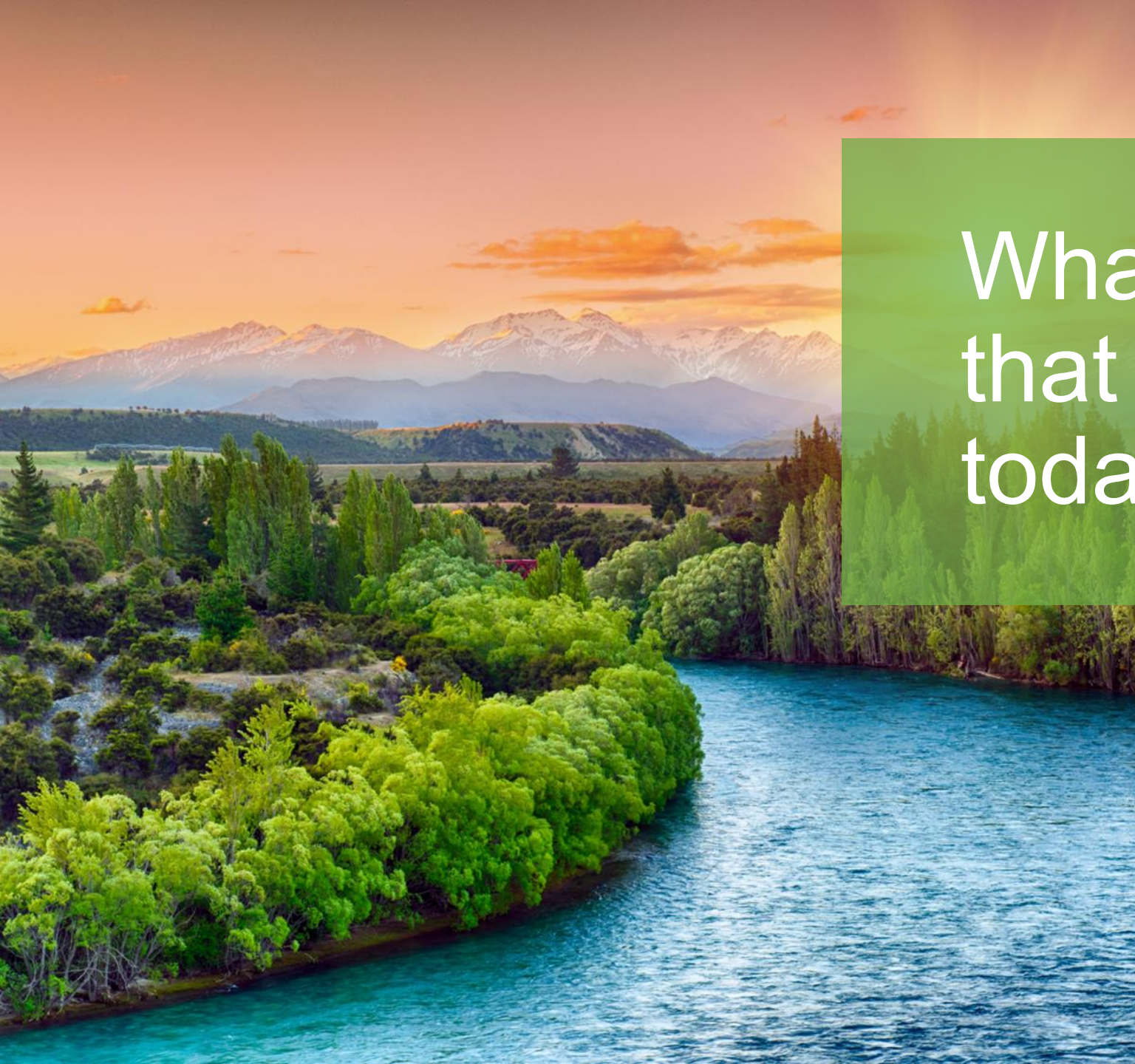
Let's Practice!

PREPARED RESPONSES

How might you
respond if
someone said
this?

So, you'll lose weight
without having to do
anything?

*Write down your prepared
response so you have it ready!*



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 2 cups vegetables OR 1 healthy fat	1 protein supplement OR 1 probiotic	4 oz protein 2 cups vegetables OR 1 healthy fat
MED 1,200-1,400 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 1 healthy fat OR 1 grain, legume, or starch	1 protein supplement OR 1 probiotic	4 oz protein 2 cups vegetables OR 1 healthy fat
HIGH 1,600-1,700 calories 100-140 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 2 cups vegetables OR 1 grain, legume, or starch	1 protein supplement OR 1 probiotic	4-6 oz protein 2 cups vegetables OR 1 healthy fat

Getting Started with Strength Training



KP Health Resources

