POST-CORE

Lifestyle Coach Facilitation Guide

National Center for Chronic Disease Prevention and Health Promotion
Division of Diabetes Translation

Lifestyle Coach Facilitation Guide: Post-Core

This Lifestyle Coach Facilitation Guide: Post-Core was developed by the **Diabetes Training and Technical Assistance Center** at the **Rollins School of Public Health, Emory University**

in collaboration with:

David G. Marrero, PhD
Diabetes Translation Research Center, *Indiana University School of Medicine*

M. Kaye Kramer, DrPH, MPH, RN, CCRC
Andrea Kriska, PhD
Linda N. Semler, MS, RD, LDN
Elizabeth Venditti, PhD
Diabetes Prevention Support Center, University of Pittsburgh Medical Center

Ann Albright PhD, RD
Kristina Ernst, BA, BSN, CDE
Division of Diabetes Translation, Centers for Disease Control and Prevention

and

Valerie Lawson, MS, RD, LDN
YMCA of the USA

*****

Diabetes Training and Technical Assistance Center

Wendy Kurz Childers, MPH, MA, CHES
Assistant Director, Programs

Barbara B. Dessommes, MS
Consultant, BBD Learning

Linelle M. Blais, PhD
Director

Kathy R. Miner, PhD, MPH, MEd
Principle Investigator

The National Diabetes Prevention Program Lifestyle Intervention curriculum is based on the curriculum from the Diabetes Prevention Program (DPP) research study supported by the National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Disease, Cooperative Agreement U01-DK48489[*]. The DPP lifestyle intervention has been further adapted by: **Plan Forward (University of Indiana)** and **Group Life Balance (University of Pittsburgh)**. Certain concepts in the National Diabetes Prevention Program Lifestyle Intervention curriculum are adapted from these sources. Both adaptations are derived from the DPP research trial supported by the Department of Health and Human Services which has certain rights in the materials.

[*] Copyright ©1996 by the University of Pittsburgh, developed under cooperative agreement number U01-DK48489 by the U.S. Department of Health and Human Services, which has certain rights in the material.

Post-Core: Lifestyle Coach Facilitation Guide

The **Lifestyle Coach Facilitation Guide: Post-Core** includes the following sessions:

Introduction

Welcome to the Post-Core Phase
This session introduces participants to the post-core phase. It also refocuses them on their reason for taking part in the Lifestyle Intervention, their goals for weight loss and physical activity, and the process of self-monitoring. This session reviews with participants why they need to manage their weight, gives them tips on continuing to track food intake and physical activity accurately, and reminds them of the successes they already experienced.

Healthy Eating and Nutrition

Fats: Saturated, Unsaturated, and Trans-Fats
This session takes a close look at fat, including what fat is, the different types of fat, and the types of fat that are "healthy" or "unhealthy." The discussion also covers healthier alternatives to "unhealthy" fats and gives tips on how participants can incorporate the best type of fat into their meals.

Food Preparation and Recipe Modification
This session focuses on how to cook healthier, lower-calorie recipes at home. Participants discuss ways to modify and substitute ingredients to make recipes healthier. Information on selecting a cookbook is also provided.

Healthy Eating: Taking It One Meal at a Time
This session discusses strategies for eating healthfully: think ahead, and plan meals and snacks with less fat and fewer calories. Participants also learn common strategies for making meals healthier (such as substituting skim or 1% milk for whole milk and using whole grains). Then they use these strategies to plan meals based on their fat gram and calorie goals.

Healthy Eating with Variety and Balance
This session revisits the MyPlate food guide as a means of promoting well-balanced eating habits. Fruit and vegetables are at the center of this discussion, which includes information on how to incorporate fruits and vegetables into eating habits, how to shop for produce, and the differences between fresh, canned, frozen, and cooked fruit and vegetables. The discussion also focuses on *mindful eating* as a component of a healthy lifestyle.

More Volume, Fewer Calories
This session explains how participants can increase the volume of food they eat while eating fewer calories. The discussion describes the different types of fiber, reasons why eating fiber contributes to weight loss, and tips for increasing fiber intake.

Physical Activity

Staying on Top of Physical Activity

The discussion for this session is about how participants can continue to be physically active even when they face barriers or lack of motivation. Different ways to be physically active (e.g., joining a gym, using a workout DVD at home) are discussed. Participants will also be able to recognize common barriers they face and learn how to overcome them. Also covered during this session are tips for staying motivated and the health benefits of being physically active.

Stepping Up to Physical Activity

The discussion during this session is similar to the discussion during Session 6 "Being Active: A Way of Life" in the core curriculum. It focuses on choosing to be active as part of normal daily routine (e.g., taking the stairs, parking far away from entrances to building, doing yard work). In this session, participants are given more information about the pedometer and learn how to use it. Participants also discuss how to incorporate flexibility and balance exercises into their physical activity plan.

Managing Stress and Preventing Relapse

Balance Your Thoughts for Long-Term Maintenance

This session focuses on ways to manage self-defeating thoughts that stand in the way of lifestyle change. Participants are asked to share some of their self-defeating thoughts, and they learn strategies to work through these thoughts. In addition, this session discusses ways to use assertive behavior to respond to challenging interpersonal situations that interfere with working toward their goals. Participants practice recognizing these situations and plan how to assert themselves.

Handling Holidays, Vacations, and Special Events

The focus of this session is on maintaining healthy habits during special occasions or travel. Participants practice recognizing and planning for challenges they encounter on these occasions. In addition, participants learn tips to help them continue to eat healthfully and be active during a holiday, vacation, or special event. The key point of this session is to help participants plan for challenges so they are prepared to handle them when they occur. If possible, the timing of this session should be held during a relevant time of year (e.g., summertime, spring break, a holiday).

Preventing Relapse

This session goes one step further toward preventing relapse by discussing how relapses occur (via the "relapse chain") and how to recognize high-risk situations. Participants practice developing a plan for both preventing relapses and recovering from lapses if they occur. This is a good session to schedule before major holidays.

Stress and Time Management
This session focuses on learning and practicing techniques for responding to stress: relaxation and time management. Participants determine what stressors they experience and learn strategies to help them respond in a positive way. To learn time management, participants are asked to write down how they use their time for one week. At the following session, they examine how they used their time for the week and learn ways to use their time more effectively.

Chronic Disease

Heart Health
This session delves into the topic of heart health and heart disease. Heart disease, cholesterol, and blood pressure are defined and discussed, and ways to prevent or manage heart disease are recommended.

A Closer Look at Type 2 Diabetes
This session goes into more detail about type 2 diabetes. It describes the difficulties that people with type 2 diabetes must deal with. Participants learn what diabetes is and how it is diagnosed. They learn what medical care a person with type 2 diabetes needs, and how type 2 diabetes affects daily life. Other complications and conditions related to diabetes are also discussed.

Program Conclusion

Looking Back and Looking Forward
During this session, the Lifestyle Coach reviews the program and discusses “what’s next?” Participants reflect on what they learned from the Lifestyle Intervention. The discussion centers on helping participants recognize that they must maintain their newly acquired healthy eating and physical activity habits, and they must continue self monitoring.

*****

Supplement

Post-Core Session Template
This template may be used by the Lifestyle Coach to provide the post-core schedule to their participants. The template includes session date, time, and title; meeting location; and Lifestyle Coach’s name, phone number, best time to call, and email address.

Lifestyle Coach Facilitation Guide: Post-Core

Session 1: Welcome to Post-Core

Content Overview

This session welcomes participants to the post-core phase of the Lifestyle Intervention. The purpose of these sessions is to help participants transition to long-term healthy lifestyle habits. If participants have reached their program goals, these sessions can help them maintain those accomplishments. If participants have not yet reached their goals, these sessions provide an opportunity for them to continue to develop strategies for healthy eating and physical activity. Participants reflect on why they want to manage their weight and how they can improve self-monitoring.

Coach Preparation Checklist

Materials

- ❑ Post-core handouts for Session 1:
  - Post-Core Session Schedule *(created by Lifestyle Coach)*
  - Welcome to Post-Core
  - Why Manage Your Weight?
  - Keeping Track More Accurately
  - Make the Food and Activity Tracker Work for You
  - Give Yourself Credit
- ❑ "Food and Activity Trackers"
- ❑ "Lifestyle Coach's Log"
- ❑ Balance scale

Post-Core Session 1: Welcome to the Post-Core Phase

Before you begin

Before you begin this session, complete the following tasks:

- ❑ Create a "Post-Core Session Schedule" with Lifestyle Coach name, phone number, and email

Key messages to reinforce

- ➢ Research has shown that participants who seek support, self-monitor food and activity, maintain regular physical activity, and weigh themselves often are more likely to maintain their weight loss over time.
- ➢ On average, people record only 60%–70% of the calories they are actually eating.
- ➢ Greater accuracy will help you to know specifically what you are eating, what you can eat, and how you can maintain your healthy weight.

After the session

At the completion of this session, do the following:

- ❑ Use the "Notes and Homework Page" for notes and follow-up tasks.
- ❑ Distribute 4 "Food and Activity Trackers" for the following month.

Welcome to Post-Core

Present: Welcome to the National Diabetes Prevention Program post-core phase. At the conclusion of the 16-session core phase of the lifestyle intervention, some participants reported feeling a bit unsure about their long-term ability to continue the lifestyle changes they have made.

The purpose of the post-core phase is to help you transition to long-term healthy lifestyle habits.

- If you have reached your program goals, these sessions are intended to help you maintain those accomplishments.
- If you have not yet reached your goals, the post-core phase provides an opportunity for you to continue to work with me and other group members to find strategies for weight loss and physical activity.

Guidelines to Help You Maintain Your Weight

It is recommended that you follow certain guidelines during the post-core phase:

- ✓ Make a promise to attend each monthly session
- ✓ Continue to self-monitor eating and activity
- ✓ Reach or maintain a minimum of 150 minutes of physical activity every week.
- ✓ Weigh yourself regularly.
- ✓ Communicate with the Lifestyle Coach and group to ask questions, identify barriers or problems, and offer solutions.

Present: Research has shown that people who follow these practices are more likely to maintain their weight loss over time.

Why Manage Your Weight?

Ask: Take a moment to think about the impact that weight loss has had (or will have) in your life.

Ask: Using this worksheet, rank your top five reasons for wanting to lose or maintain weight. You may write in your own reasons at the bottom of the worksheet.

Reasons I Want to Lose Weight (and Maintain Weight Loss)	Ranking (1-5)
I want to look in the mirror and feel OK.	
I want to look better to others.	
I want to be able to wear a smaller size.	
I want to be able to shop for clothes with less difficulty.	
I want to stop dwelling on how others view me.	
I want to be complimented on my appearance.	
I want to prevent physical illness and disease.	
I want to be comfortably active.	
I want to live longer.	
I want to have more energy.	
I want to be fit.	
I want to wake up in the morning and feel healthier.	
I want to like myself more.	
I want to feel more in charge of my life.	
I want to feel as if I've accomplished something important.	
I want to feel self-confident.	
I want to stop saying negative things to myself.	
I want to feel happier in social situations.	
I want to do more and different kinds of activities.	
I want my family to be proud of me.	
I want to be able to be more assertive.	
I want to eat with others and feel comfortable.	
I want to stop being nagged about my weight.	
Another reason:	
Another reason:	
Another reason:	

Ask: Can anyone share their top five reasons for wanting to lose weight or maintain weight loss?

Keeping Track More Accurately

Even though you have been tracking your eating and physical activity since the beginning of the lifestyle intervention, the post-core phase is a great time to revisit and improve your practice.

Ask: How well do you think your "Food and Activity Tracker" records reflect your daily food intake?

A. I think I record **somewhat more food** than I really eat.

B. I think that my records are pretty **accurate.**

C. I think that my records **miss a little of the food** I eat (100-300 calories/day).

D. I think my records **miss a lot of the food** I eat (more than 300 calories/day).

Research has shown that, for the most part, "D" is correct – **people tend to miss a lot of the food they eat.** On average, people record only **60%–70%** of the calories they are **actually** eating. This means that if your "Food and Activity Trackers" show that you are eating 1,200 – 1,400 calories per day, you may **really** be **eating 1,800 – 2,000**.

Ask: Why does it matter if you are underestimating the number of calories that you are eating?

Underestimating means that you don't have all the information you need to make decisions about what to eat.

Having an accurate idea of what you are eating allows you to plan for your meals, snacks, and even the occasional treat. Greater accuracy will help you know just what you are eating, what you *can* eat, and how you can *maintain* your healthy weight.

Make the "Food and Activity Tracker" Work for You

Ask: Why do you think people tend to report **less food** than they are actually eating?

- They are embarrassed about writing down some of the foods they eat.
- They often don't have a good idea of what a portion or serving size is.
- They don't record their food intake as soon as they finish eating something.
- They simply forget to record some items.
- They leave out some details (food preparation methods, condiments, etc.).

How to make the "Food and Activity Tracker" work for you

- ✓ Don't buy into the idea that eating high-calorie foods once in a while is a character flaw.
- ✓ Look up portion sizes and measure all the foods you eat until you are certain you can correctly determine portion size on your own.
- ✓ Always keep your "Food and Activity Tracker" with you and immediately record what you eat and drink.
- ✓ Each time you write something down, take a moment to think back and make sure you haven't forgotten to write down a previous meal, beverage, or snack.
- ✓ Remember to add in sources of "hidden" calories (the oil used in cooking, mayonnaise on a sandwich, sugar in coffee, etc.).

Present: By practicing these suggestions on a daily basis, you can increase the accuracy of your "Food and Activity Tracker" records. Having all of the information – and the **correct** information – can help you continue to lose weight or maintain your weight loss.

Give Yourself Credit

An important part of staying on track is your ability to recognize the positive progress you have made over the course of this lifestyle intervention.

In the space below, list three positive changes you have made during the program that have helped you manage your weight and improve your health.

1. _____

2. _____

3. _____

Follow Up

Notes and Homework Page

While it is fresh in your mind, use this page to write down notes about the session. Consider what worked, what you need to do differently for the next session, whom you need to follow up with, information or ideas needing further research, and general concerns or issues that need to be addressed.

Lifestyle Coach Facilitation Guide: Post-Core

Fats - Saturated, Unsaturated, and Trans Fat

Content Overview

This session answers the question "what is fat?" It explores the different types of fat, and shows which fats are healthy (monounsaturated and polyunsaturated) and which fats are unhealthy (saturated and trans fat). Participants learn tips for choosing foods with healthy fats and avoiding foods with unhealthy fats. More information on cholesterol appears in Post-Core Session: Heart Health.

Lifestyle Coach Preparation Checklist

Materials

- ❑ Post-core handouts:
  - What is Fat?
  - Healthy Fats: Omega-3, Monounsaturated and Polyunsaturated
  - Fats to Avoid: Saturated and Trans Fat
  - Identifying Healthier Alternatives
  - Tips for Choosing the Best Types of Fat
- ❑ "Food and Activity Trackers"
- ❑ "Lifestyle Coach's Log"
- ❑ Balance scale

Post-Core: Fats – Saturated, Unsaturated, and Trans Fat

Key messages to reinforce

- A completely fat-free diet would not be healthy, yet it is important that fat be consumed in moderation.
- The main types of "healthy" fats are monounsaturated and polyunsaturated. The main types of "unhealthy" fats are saturated and trans fat.
- Saturated fats are primarily found in foods that come from animals, such as meat and dairy. Try to switch to lower-fat versions of these foods.
- In order to avoid trans fat, look on nutrition labels for ingredients such as "partially hydrogenated" oils or shortening. In addition, look for trans fat in the nutritional information in products like commercially baked cookies, crackers, and pies, and fried foods.

After the session

At the completion of this session, do the following:

- ❑ Use the "Notes and Homework Page" for notes and follow-up tasks.
- ❑ Distribute 4 "Food and Activity Trackers" for the following month.

What is Fat?

Our body needs us to consume fat in order to work properly. Fat comes from a variety of food groups, particularly the milk, meat, and oils food groups. It can also be found in many fried foods, baked goods, and pre-packaged foods.

Fat is a major source of energy and helps your body absorb vitamins. It is also important for proper growth, and for keeping you healthy. A completely fat-free diet would not be healthy, yet it is important that fat be consumed in moderation.

It is important to keep in mind that fat has the most calories compared to any other nutrient. Controlling fat intake is one of the most important steps in losing or maintaining weight and preventing or delaying type 2 diabetes.

How does fat affect my health?

Since our bodies only need a certain amount of fat each day, any extra that is consumed is stored in fat tissue and contributes to weight gain. Fat also affects our hearts, but the effect depends on which kind of fat you are eating.

What are the different types of fat, and which are healthy?

There are four main types of fat:

1. Monounsaturated fat } **HEALTHY fats**

3. Saturated fat } **UNHEALTHY fats**

The goal is to try to **choose more of the healthier fats**, **eat fewer unhealthy fats**, and **stay within your fat gram goal**.

Healthy Fats: Omega-3, Monounsaturated, and Polyunsaturated

Omega-3 fatty acids are an especially heart healthy fat and can help with lowering high triglyceride values in your blood. Omega-3 fats can be found in:

- **Fish:** salmon, mackerel, herring, sardines, albacore tuna, and rainbow trout
- **Tofu** and other soybean products
- **Walnuts**
- **Flaxseed** and flaxseed oil
- **Canola oil**

Monounsaturated and polyunsaturated fat are considered "heart healthy" and can help with improving cholesterol when used in place of unhealthy fats. Some sources of these fats include:

- **Avocado**
- **Nuts and seeds**: almonds, cashews, pecans, peanuts, pine nuts, pumpkin, sesame seeds, or sunflower seeds
- **Olive oil and olives**
- **Oils:** vegetable oils (such as sunflower, safflower, corn, soybean, and cottonseed)
- **Peanut butter**

Source: American Diabetes Association

Fats to Avoid: Saturated and Trans Fat

Saturated Fats are mainly found in foods that come from animals (such as meat and dairy), but they can also be found in most fried foods and some prepackaged foods. Saturated fats are unhealthy because they increase LDL ("bad" cholesterol) levels in your body and increase your risk for heart disease. Many saturated fats are "solid" fats that you can see, such as the fat in meat. Other sources of saturated fats include:

- High-fat **cheeses**
- High-fat cuts of **meat**
- Whole-fat **milk** and **cream**
- **Butter**
- **Ice cream** and ice cream products
- **Palm** and **coconut oils**

Trans fat is simply liquid oils turned into solid fats during food processing. There is also a small amount of trans fat that occurs naturally in some meat and dairy products, but those found in processed foods tend to be the most harmful to your health.

Trans fats serve up a double whammy to your cholesterol, by increasing LDL ("bad" cholesterol) and decreasing HDL ("healthy" cholesterol).

In order to avoid trans fat, look on nutrition labels for ingredients such as **"partially hydrogenated" oils or shortening**. In addition, look for trans fat in the nutritional information in products, such as commercially baked cookies, crackers, and pies, and fried foods.

Identifying Healthier Alternatives

Foods High in Saturated Fat Instead of…	Healthier Alternatives Use…
Butter, lard, shortening, coconut, coconut oil, palm oil	Margarine (look for 0 grams of trans fat on label), vegetable oil spread, olive oil, canola oil, corn oil, canola oil cooking spray
Whole milk, 2% milk, half & half, cream	Skim, 1%, fat free half & half
Red meat, ground beef, sausage, bacon, organ meats (such as liver, kidney)	White meat chicken, turkey, pork chop with fat trimmed, ground beef sirloin, fish, soy products, nuts/seeds or beans
Poultry skin, visible meat fat	Skinless and trimmed meats
Fried or pan fried foods	Grilled, baked, roasted, steamed, broiled, boiled
Deli meats like bologna, pepperoni, salami	Deli ham, turkey, chicken breast or extra lean roast beef
Whole eggs or egg yolks	Egg substitute or egg whites
Ice cream	Frozen yogurt, sherbet, low-fat ice cream
Cheese, cottage cheese, sour cream, cream cheese, whipped cream	Fat free or reduced fat version
Chocolates, pies, doughnuts, brownies, buttered popcorn	Sugar free pudding made with 1% or skim milk, vanilla wafers, animal crackers, low-fat microwave popcorn

Additional Tips for Choosing the Best Types of Fat

Limit the amount of fat you eat, but don't try to cut it out completely. Focus on reducing foods high in saturated fat, trans fat.

Present: While taking into consideration the health implications of the different types of fat, the key to weight loss is to stay within your fat gram and calorie goals, regardless of which type of fat you eat.

Here are a few more tips for choosing the best types of fat.

- ☑ Choose leaner cuts of meat that do not have much visible fat. Leaner cuts include round cuts and sirloin cuts. Trim visible fat off meats before eating.
- ☑ Sauté with olive oil or canola oil instead of butter.
- ☑ Use olive oil in salad dressings and marinades.
- ☑ Use canola oil when baking.
- ☑ When re-heating soups or stews, skim the solid fats from the top before heating.
- ☑ Sprinkle slivered nuts or sunflower seeds on salads instead of bacon bits.
- ☑ Snack on a small handful of nuts rather than potato chips or processed crackers.
- ☑ Try peanut butter or other nut-butter spreads (which do not contain trans fat) on celery, bananas, or low-fat crackers.
- ☑ Add slices of avocado rather than cheese to your sandwich.
- ☑ Once or twice a week prepare fish, such as salmon or mackerel, instead of meat.

Follow Up

Notes and Homework Page

While it is fresh in your mind, use this page to write down notes about the session. Consider what worked, what you need to do differently for the next session, whom you need to follow up with, information or ideas needing further research, and general concerns or issues that need to be addressed.

Lifestyle Coach Facilitation Guide: Post-Core

Food Preparation and Recipe Modification

Content Overview

This session begins with a healthy cooking quiz. Participants learn ways to make recipes healthier, including how to substitute lower fat foods for high-fat foods. Participants also learn helpful tips on how to select a good cookbook.

Lifestyle Coach Preparation Checklist

Materials

- ❑ Post-core handouts:
  - Healthy Cooking Quiz (2)
  - Five Ways to Make Recipes Healthier (2)
  - Build a Better Recipe: Ingredient Substitutions
  - How to Select a Cookbook (2)
- ❑ "Food and Activity Trackers"
- ❑ "Lifestyle Coach's Log"
- ❑ Balance scale

Post-Core: Food Preparation and Recipe Modification

Key messages to reinforce

- Most recipes can be made healthier without changing the taste or texture of the food. Techniques include reducing the amount of fat and sugar, substituting ingredient(s), deleting ingredient(s), changing the method of preparation, and changing the portion size.
- Often times lower-fat or lower-calorie ingredient substitutions can be made in recipes.
- When selecting a cookbook, it is helpful to determine the kind of cookbook you want, to review your options, and to let your preferences lead the way.

After the session

At the completion of this session, do the following:

- ❑ Use the "Notes and Homework Page" for notes and follow-up tasks.
- ❑ Distribute "Food and Activity Trackers" (4) for the following month.

Healthy Cooking Quiz

Ask: Since starting this program, what kinds of changes have you made in the way you prepare food and make recipes? Let's do a simple quiz to test our knowledge on some cooking basics.

1. You double all recipes by measuring twice the amount of ingredients.

- ❑ a. True
- ❑ b. False ***(correct)***

2. To reduce total calories in baked goods, how much sugar can you cut out of the recipe?

- ❑ a. One-third to one-half ***(correct)***
- ❑ b. None - you cannot omit sugar and maintain quality
- ❑ c. You can omit all of the sugar

3. Which of the following healthy substitutes are effective in baked goods?

- ❑ a. Substitute canola oil for butter or shortening
- ❑ b. Substitute nonfat margarine for regular margarine
- ❑ c. Substitute nonfat sour cream for regular sour cream
- ❑ d. Substitute two egg whites for one whole egg ***(correct)***
- ❑ e. All of the above

4. Which of these cooking methods adds little or no fat to the foods you cook?

- ❑ a. Broiling
- ❑ b. Poaching
- ❑ c. Steaming
- ❑ d. Roasting
- ❑ e. All of the above ***(correct)***

5. Which of these foods cooks poorly on a grill?

- ❑ a. Eggplant
- ❑ b. Peaches
- ❑ c. Onions
- ❑ d. Peppers
- ❑ e. None of the above ***(correct)***

6. Which statement is true about using herbs to enhance your meals?

- ❑ a. You can substitute dried herbs for fresh herbs in equal amounts
- ❑ b. Dried herbs retain their flavor and aroma for several years
- ❑ c. Don't crush dried or fresh herbs
- ❑ d. Add fresh herbs toward the end of cooking ***(correct)***
- ❑ e. All of the above

Five Ways to Make Recipes Healthier

Present: Most recipes can be made healthier without changing the taste or texture of
the food.

1. Reduce the amount of fat and sugar

With most recipes, you can reduce the amount of fat and sugar without losing the flavor. Cutting fat and sugar is an easy way to cut calories.

- ✓ **Fat –** use half the butter, shortening, or oil and replace the other half with unsweetened applesauce, mashed banana, or prune puree.
- ✓ **Sugar –** reduce the amount of sugar by one-third to one-half. When you use less sugar, add spices such as cinnamon, cloves, allspice, and nutmeg or flavorings like vanilla extract or almond flavoring to enhance the sweetness of the food.
- ✓ **Cheese –** if a recipe calls for one cup shredded cheese, use half a cup instead.

2. Make healthy substitutions

Healthy substitutions not only reduce the amount of fat and sugar, they can also boost the fiber content.

- ✓ Use whole wheat pasta instead of white pasta.
- ✓ Try using some whole wheat flour in baked goods. Whole wheat pastry flour works well in quick breads.
- ✓ Choose a lower-fat meat, such as ground turkey, instead of ground beef.

3. Leave out an ingredient

In some recipes, you can leave out an ingredient altogether, such as items you add for appearance (frosting, coconut, or nuts). Condiments like olives, butter, mayonnaise, syrup, and jelly can also easily be left out.

4. Change the method of preparation

Healthy cooking techniques such as **braising**, **broiling**, **grilling**, or **steaming** can capture the flavor without adding extra calories.

- ✓ Instead of frying in oil or butter, try baking, broiling, or poaching.
- ✓ If the directions say to baste in oil or drippings, use wine, fruit juice, vegetable juice, or fat-free vegetable broth instead.
- ✓ Use non-stick pans to reduce the amount of oil needed for cooking.

5. Change the portion size

No matter how much you reduce, switch, or omit ingredients, some recipes may still be too high in sugar and fat. In these cases, reduce the portion size you eat, and add healthful choices to your meal (steamed vegetables or fruit for dessert).

Build a Better Recipe: Ingredient Substitutions

Instead of…	Use…
Regular ground beef or pork sausage	Ground turkey breast (breast meat only, lean, no skin)
Regular cheese	Fat-free or low-fat cheese (less than two grams of fat per ounce)
Sour cream	Low-fat or nonfat sour cream, or plain, nonfat yogurt (except for in baked goods – don't use nonfat sour cream, it makes it too watery)
Margarine, oil, or butter	Low-fat or fat-free margarine or vegetable oil spray; use nonstick pans
Chocolate	Cocoa powder plus a small amount of low-fat margarine (see cocoa powder box for guidelines)
Pork or bacon fat to season foods	Small amount of trimmed pork loin chop, extra lean trimmed ham, or turkey ham
Cream-based soup	Fat-free milk-based soups, mashed potato flakes, pureed carrots, or tofu for thickening agents
Evaporated milk	Evaporated skim milk
Whole egg	Two egg whites, ¼ cup egg substitute
Regular mayonnaise or salad dressing	Nonfat or low-fat mayonnaise or salad dressing, nonfat or low-fat plain yogurt
Whole milk or heavy cream	Skim, 1%, or canned skim milk

Tips for baked goods:

Don't:

- ✓ Use oil instead of butter
- ✓ Use diet, whipped, or tub margarine instead of regular butter

Instead:

- ✓ Try cutting the amount of margarine/butter **by a third** or **a half**
- ✓ **Replace** the margarine/butter with the same amount of unsweetened applesauce, pureed prunes, or mashed banana

Remember that these recipes may still be high in calories, so eat in moderation.

How to Select a Cookbook

Ask: Does all of this talk about recipes make you want to run out and get a new cookbook? If so, here are a few tips.

1. Determine what type of cookbook you need

There are many low-calorie, low-fat cookbooks available. Consider what you are looking for:

- ❑ Meals on the go
- ❑ Quick and easy
- ❑ Nutritional information
- ❑ Themed (holiday, entertaining, or ethnic fare)

2. Review your options

Next, turn a critical eye to the health specifics of the cookbook. Look for these elements:

- ❑ **Well-known author or organization:** Is the cookbook written, co-authored, or endorsed by established health care societies, organizations, or nutritional professionals?
- ❑ **General information on nutrition and healthy eating:** Does the cookbook devote several pages or a chapter to nutritional goals and principles of healthy eating? Is the information well-organized and easy to understand?
- ❑ **Nutritional analysis:** Does the cookbook provide nutrient information per serving, for example calories, fat, carbohydrates, protein, sodium, and fiber? Do the recipes follow healthy eating guidelines?
- ❑ **Healthy ingredients:** Do the recipes emphasize plant foods (grains, vegetables, fruit, legumes) and lean meats and protein? Are a variety of healthy foods used?
- ❑ **Practical advice:** Does the cookbook provide practical advice and helpful tips on such things as changing your dietary habits, selecting healthy foods, planning menus, and reading food labels?
- ❑ **Other helpful features include:** Simple, clear instructions; a glossary and index; photographs or pictures of the prepared foods; and cooking techniques.

3. Let your favorite choices lead the way

Once you have narrowed down your choices to a manageable number, think about your own personal preferences:

- ❑ **Match your ability and goals:** Is the amount of time and level of skill of the recipes right for you?
- ❑ **Price:** What is your price range?
- ❑ **Appeal to your tastes:** As you look through the cookbook, make sure the recipes include ingredients that you enjoy or are willing to try.
- ❑ **Pick the right style and format:** Do you want as many recipes as possible packed into one cookbook, or would you prefer a smaller, more focused edition? Do you like hardcover, soft cover, or spiral-bound? Is the font size large enough for you to easily read?

Follow Up

Notes and Homework Page

While it is fresh in your mind, use this page to write down notes about the session. Consider what worked, what you need to do differently for the next session, whom you need to follow up with, information or ideas needing further research, and general concerns or issues that need to be addressed.

Lifestyle Coach Facilitation Guide: Post-Core

Healthy Eating – Taking it One Meal at a Time

Content Overview

This session emphasizes how skipping meals can actually work against a participant's weight loss goals. This session explores strategies for thinking ahead and planning healthy meals and snacks that have less fat and fewer calories.

Lifestyle Coach Preparation Checklist

Materials

- ❑ Post-core handouts:
  - Planning Meals
  - Build a Better Breakfast
  - Planning a Morning Meal
  - My Best Breakfast
  - Build a Better Main Meal
  - My Best Main Meal
  - Planning Better Snacks
  - Satisfying Snacks
  - My Best Snacks
- ❑ "Food and Activity Trackers"
- ❑ "Lifestyle Coach's Log"
- ❑ Balance scale

Post-Core: Healthy Eating – Taking it One Meal at a Time

Key messages to reinforce

- Skipping meals can lead to extreme hunger and uncontrolled eating, resulting in an intake of more fat and calories than a regular meal.
- The best approach to meals is to eat four to five smaller meals (breakfast, lunch, dinner, and one or two snacks) throughout the day that include a variety of nutritious, low-fat, and low-calorie foods.
- Research shows that people who skip breakfast tend to be heavier than those who eat a proper breakfast.
- For the main meal, include low-fat protein, whole grains, and plenty of vegetables.
- To improve your snack choices, make a plan. Take steps to avoid situations or feelings that make you want to snack on unhealthy choices.

After the session

At the completion of this session, do the following:

- ❑ Use the "Notes and Homework Page" for notes and follow-up tasks.
- ❑ Distribute "Food and Activity Trackers" (4) for the following month.

Skipping Meals

Present: When trying to lose weight, it is tempting to skip meals to save calories. This often backfires, however, because the resulting hunger can lead to uncontrolled eating with an intake of larger quantities or higher fat and calorie content. Many times, the end result is that a person eats more fat and calories than they would have with regular meals.

In addition, your body needs a certain amount of calories and nutrients each day in order to work properly. Skipping meals may actually work *against* the body's normal metabolic processes and lead to weight gain.

Planning Meals

Present: The best approach to meals is to eat four to five smaller meals (breakfast, lunch, dinner, and one or two snacks) throughout the day that include a variety of nutritious, low-fat, and low-calorie foods.

When planning meals, focus on reducing fats and refined sugars (like those found in sweets).

Remember that fat contains more than twice the calories as there are in the same amount of sugar, starch, or protein, and somewhat more than alcohol.

	Fat	Carbohydrates	Proteins	Alcohol
Calories/gram*	9	4	4	7

*A gram is a unit of weight. A paper clip weighs about one gram.

Build a Better Breakfast

Present: Research shows that people who skip breakfast tend to be heavier than those who eat a proper breakfast.

Do you usually eat in the morning?

- If yes, what do you usually eat? When? Where?
- If no, what are your reasons?

How does your morning eating pattern vary on weekends?

Do you skip breakfast and overeat at night?

- If so, what food(s) could you eat less often at night? (include calories and fat grams)
- What food(s) could you start eating in the morning? (include calories and fat grams)

Did you know…?

- Breakfast can take less than five minutes to make.
- People who eat breakfast tend to make healthier food choices during the day.
- Breakfast eaters tend to be in a better mood, have more energy, and do better on memory tasks.
- People who *don't* eat breakfast tend to overeat during the day, especially at night. So the next morning, they are less hungry and are less likely to eat breakfast. Vicious cycle!

Planning a Morning Meal

Low-fat Protein	Choose skim or 1% milk or soymilk, nonfat or low-fat yogurt (either plain or sugar-free). Try nonfat or low-fat cottage cheese or an egg (hard boiled, poached, or scrambled with cooking spray) or egg substitute.
Fruit	Choose fresh fruit, or frozen or canned fruits packed in water or juice (not heavy syrup).
Cereal	Choose whole grain cereals that are low in sugar. Avoid "frosted" or sweetened cereals, granolas, and cereals with nuts.
Bread or Oatmeal	Try whole grain toast or an English muffin. Top with nonfat cream cheese, jam, jelly, or all-fruit spread. Make oatmeal and top with fresh fruit or nonfat yogurt. Avoid croissants, biscuits, doughnuts, and most muffins.
Pancakes	Top with a small amount of low-fat margarine or reduced-calorie syrup, fresh fruit, or fruit purees like applesauce.
Potatoes	Make your own home fries with pan spray instead of oil. Heat a leftover baked potato in the microwave. Top with nonfat sour cream.
Leftovers	Use the microwave to reheat leftovers from last night's dinner. Grilled chicken, brown rice, whole wheat pasta, or lean beef can be just as delicious at breakfast.

Avoid these foods, or eat in smaller quantities:

- Bacon
- Sausage
- Sugar, honey, regular syrup
- Margarine, butter
- Whole or 2% milk, cream, regular sweetened yogurt
- Pastries, coffeecake, doughnuts

My Best Breakfast

Present: Look through your completed "Food and Activity Trackers". Find some examples of healthy breakfasts. If you don't have your Trackers, think back to healthy breakfasts you have eaten in the past.

Ask: What food choices work well for you?

How many calories and fat grams at breakfast are best for you?

- Calorie goal for breakfast:
- Fat gram goal for breakfast:

Use the examples to build three "standard" breakfast menus for yourself.

Menu 1	
Menu 2	
Menu 3	

Build a Better Main Meal

Present: For the main meal, plan the food around lean protein and whole grains. Use little to no fat during the preparation. Add plenty of vegetables.

Low-fat protein	Include low-fat cuts of meat, poultry or fish, cooked without fat. Serve beans or soy-based products, such as tofu, more often. Make an omelet and add fresh vegetables.
Pasta	Top spaghetti with a low-fat meat sauce and steamed vegetables. Make lasagna with low-fat cheese and a layer of spinach or broccoli.
Rice, other grains	Serve brown rice with stir-fried vegetables and lean chicken, pork, or tofu. Add rice to vegetable soup or chili. Experiment with whole grains like barley, couscous, wild rice, millet, quinoa, kasha, and bulgur.
Bread, tortillas	Make pita bread pizzas topped with vegetables and low-fat cheese. Fill tortillas with cooked chicken, steamed vegetables, rice, and salsa. Sandwiches can be a main meal, too (e.g., grilled chicken, hot turkey). So can breakfast foods (e.g., pancakes with low-fat spread, breakfast burrito with eggs, vegetables, and low-fat cheese).
Potatoes	Top baked potatoes with steamed vegetables and nonfat sour cream. Make a delicious stew with lean beef and plenty of potatoes, carrots, and onions.

Serve fruit as a side dish or for dessert.

- ☑ Slice several kinds of fresh or canned fruit (without syrup) into an eye-catching bowl.
- ☑ As a topping, try a small amount of sherbet, sorbet, or low-fat, sugar-free yogurt.

My Best Main Meal

Present: Look through your completed "Food and Activity Trackers". Find some examples of healthy main meals. If you don't have your Trackers, think back to healthy main meals you have eaten in the past.

Ask: What food choices work well for you?

How many calories and fat grams at main meals are best for you?

- Calorie goal for main meal:
- Fat gram goal for main meal:

Use the examples to build three "standard" main meal menus for yourself.

Menu 1	
Menu 2	
Menu 3	

Planning Better Snacks

Present: To improve your snack choices, make a plan.

A snack you eat often	Calories/fat grams per serving	Where and when you usually eat the snack
1.		
2.		
3.		
4.		
5.		

Ask: Are most of your snacks planned or unplanned?

For many people, **unplanned snacks** are often triggered by one or more of the following. Check the triggers (cues) that apply to you:

- ❑ Being too hungry
- ❑ Being tired or overworked
- ❑ Feeling stressed, anxious, bored, or angry
- ❑ Seeing or smelling food, or seeing others eating
- ❑ Doing certain things or being in certain places (e.g., watching TV)
- ❑ Celebrating during holidays or at family gatherings
- ❑ Other

Ask: What could you do to avoid these situations/feelings or handle them differently?

Satisfying Snacks:

Crunchy Snacks

❑ 1 serving fresh fruit (½ - 1 cup or 1 medium)	35-80 calories, 0 gram fat
❑ Raw vegetables (½ - 1 cup or 1 medium)	less than 50 calories, 0 gram fat
❑ 6 animal crackers	85 calories, 2 grams fat
❑ 1 sheet graham crackers	65 calories, 2 grams fat

Salty Snacks

❑ 3 cups popcorn, microwave, light	60 calories, 3 grams fat
❑ 4 large or 8 small pretzel twists	55 calories, 0 gram fat
❑ 10 bite-size baked tortilla chips	55 calories, ½ grams fat
❑ 8 baked potato chips	85 calories, 1 gram fat

Chewy Snacks

❑ 4 halves dried apricots	40 calories, 0 gram fat
❑ ½ English muffin	68 calories, 1 gram fat
❑ ½ Bagel	75 calories, 1 gram fat

Sweet Snacks

❑ ½ cup gelatin	80 calories, 0 gram fat
❑ ½ cup sugar-free gelatin	8 calories, 0 gram fat
❑ Two 8-inch pieces licorice	80 calories, 0 gram fat
❑ 10 gumdrops or gummy bears	85 calories, 0 gram fat
❑ 5 vanilla wafers	90 calories, 5 grams fat
❑ 3 ginger snaps	90 calories, 3 grams fat

Chocolate Snacks

❑ ½ cup fat-free chocolate pudding	100 calories, 0 gram fat
❑ 1 fudge popsicle	60 calories, 1 gram fat
❑ ½ cup chocolate nonfat milk	75 calories, 0 gram fat

Smooth or Frozen Snacks

❑ ½ cup applesauce, unsweetened	50 calories, 0 gram fat
❑ 6 oz. nonfat sugar-free yogurt	70 calories, 0 gram fat
❑ 1 frozen fruit juice bar	70 calories, 0 gram fat
❑ ½ cup nonfat frozen yogurt	95 calories, 0 gram fat
❑ One 2 oz. popsicle	45 calories, 0 gram fat

My Best Snacks

Present: Look through your completed "Food and Activity Trackers". Find some examples of healthy snacks. If you don't have your Trackers, think back to healthy snacks you have eaten in the past.

Ask: What food choices, times, and places for snacks work well for you?

How many calories and fat grams for snacks are best for you?

- Calorie goal for snacks:
- Fat gram goal for snacks:

Use the examples and the "Satisfying Snacks" list on the previous page to build seven "standard" snacks for yourself.

1.	
2.	
3.	
4.	
5.	
6.	
7.	

Follow Up

Notes and Homework Page

While it is fresh in your mind, use this page to write down notes about the session. Consider what worked, what you need to do differently for the next session, whom you need to follow up with, information or ideas needing further research, and general concerns or issues that need to be addressed.

Lifestyle Coach Facilitation Guide: Post-Core

Healthy Eating with Variety and Balance

Content Overview

This session highlights the importance of eating a variety of fruits and vegetables. Participants learn strategies for shopping for fruits and vegetables and tips for adding them to meals and snacks. Participants also revisit the concept of *how* they eat and discuss mindful eating, which means being aware of what you are eating and tuning into all of your senses to find pleasure in food. This strategy allows participants to be more aware of hunger and fullness cues.

Lifestyle Coach Preparation Checklist

Materials

- ❑ Post-core handouts:
  - Fruits and Vegetables: An Important Part of Your Diet
  - Shopping for Fruits and Vegetables
  - Add Fruits and Vegetables to Every Meal and Snack
  - Mindful Eating (2)
- ❑ "Food and Activity Trackers"
- ❑ "Lifestyle Coach's Log"
- ❑ Balance scale

Post-Core: Healthy Eating with Variety and Balance

Key messages to reinforce

- MyPlate recommends that you make half of each meal fruits and vegetables.
- When possible, it is best to buy local, fresh produce.
- Most frozen and canned fruits and vegetables maintain their nutrients and are a good alternative to fresh, local produce.
- Mindful eating is something we can do to bring our focus back to the food we are eating.
- Research shows that when people eat slowly and mindfully they tend to eat less food.
- Mindful eating allows your brain to register that you are full, which takes approximately 20 minutes.

After the session

At the completion of this session, do the following:

- ❑ Use the "Notes and Homework Page" for notes and follow-up tasks.
- ❑ Distribute "Food and Activity Trackers" (4) for the following month.

Fruits and Vegetables: An Important Part of Your Diet

Present: One of the best ways to ensure that you are eating a well-balanced diet that will help you lose or maintain your weight is to base your meals on **MyPlate**.

MyPlate recommends that you make half of each meal fruits and vegetables. Despite this recommendation, most Americans do not seem to be following this guideline.

- Vegetables and fruit make up only 10% of the caloric intake in the average U.S. diet. Furthermore, Americans spend about **15 cents** out of every food dollar on fruits and vegetables, but they spend about **19 cents** on foods like cakes, cookies, pies, soda, potato chips, candy, and pudding.

Ask: Do you eat the recommended amount of fruit and vegetables?

There are a lot of different types of fruit. Have you tried all of these?

Apples	Cherries	Grapefruit	Nectarines	Pomegranates
Apricots	Clementine	Honeydew melon	Oranges	Raisins
Avocados	Coconut	Kiwis	Papayas	Raspberries
Bananas	Cranberries	Lemons	Peaches	Star fruits
Blackberries	Dates	Limes	Pears	Strawberries
Blueberries	Figs	Mandarin oranges	Pineapple	Tangerines
Cantaloupe	Grapes	Mangoes	Plums	Watermelon

There are also a wide variety of vegetables

Alfalfa sprouts	Brussels sprouts	Greens (Collard, Chard, Kale, Mustard)	Peapods	Squash (Butternut, Zucchini, Dumpling, Patty Pan, Acorn)
Artichokes	Cabbage	Jicama	Green peas	Sweet potatoes
Asparagus	Carrots	Kohlrabi	Peppers (Bell, Jalapeno)	Turnips
Bamboo shoots	Cauliflower	Leeks	Potatoes	Water chestnuts
Bean sprouts	Celery	Mushrooms	Rutabagas	Yams
Beans	Corn	Okra	Salad greens	
Beets	Cucumbers	Onions (Red, White)	Sauerkraut	
Bok Choy	Eggplant	Radishes	Spinach	
Broccoli	Green onions		Tomatoes	

Shopping for Fruits and Vegetables

Present: Fruits and vegetables provide vitamins, minerals, and fiber that your body needs to stay healthy. They can make a great snack and are an important part of a well-balanced meal.

Tips on Shopping for Fresh Produce:

- Buy only what you need and will use within a few days (although some items, such as apples and potatoes, can be stored at home for several weeks).
- Fruits and vegetables that are in season are usually the least expensive and are better quality.
- Examine each item individually, looking for bruises, blemishes, or decay.
- Look for bright color. Older items may appear darkened or brown in color.
- Lightly press on items to check for firmness.

Ask: What types of produce do you tend to buy: fresh, canned, or frozen?

Fresh	When possible, it is best to buy local, fresh produce.
Canned	Most canned food retains the majority of its vitamins and minerals. Some canned foods are high in sodium; try to buy those without added salt.
Frozen	Frozen fruits and vegetables tend to retain most of their nutritional qualities. Try to avoid selections that add cheese sauces, butter topping, sugar, or other added ingredients.

Adding Fruits and Vegetables to Every Meal and Snack

FACT: Only 10% of foods consumed at breakfast are fruits, vegetables, or 100% juice.

ACTION: Add a serving of fruit with breakfast, some raw vegetables to lunch, and a salad to dinner.

FACT: Americans are four times more likely to pick a processed snack than a fruit or vegetable.

ACTION: Select fruits and vegetables for a snack full of vitamins, nutrients, and good taste.

Ask: Has anyone increased their fruit and vegetable intake since starting this program? If so, how?

Try these tips for adding more fruits and vegetables to your day:

- ☑ Make fruit and vegetables visible in your home.
- ☑ Microwave vegetables to serve with dinner; when grilling out, add vegetables and fruit.
- ☑ Grab an apple, banana, pear, or other piece of portable fruit to eat on-the-go.
- ☑ Snack on raw veggies like baby carrots, pepper strips, broccoli, and celery.
- ☑ Pick up ready-made salads from the produce shelf for a quick salad anytime.
- ☑ Microwave a sweet potato for a delicious side dish.
- ☑ Choose fruit for dessert.
- ☑ Pile spinach, tomatoes, peppers, and onions on your pizza (and ask for less cheese).
- ☑ Add strawberries, blueberries, bananas, and other brightly colored fruits to your waffles, oatmeal, toast, or cereal.
- ☑ Stir fresh or frozen vegetables into your pasta, noodles, or omelet.
- ☑ Whip up smoothies made from fresh or frozen berries, ice, and yogurt.
- ☑ Jazz up your soups or sauces with a can of kidney beans, peas, corn, or green beans.

Mindful Eating

Healthy eating is not just about *what* you eat, but also *how* you eat.

Ask: Let's start by hearing from the group where and under what conditions everyone typically eats **breakfast**? (Find out if people are eating with the TV on, while reading the newspaper, standing up while doing dishes, in the car, etc.). **Lunch**? **Snacks**? **Dinner**?

Open responses.

Ask: What usually happens to the amount of food you eat while you are multi-tasking?

Ask: Do you tend to get more or less enjoyment from food while multi-tasking?

> **Mindful eating** is something we can do to bring our focus back to the food we are eating.

Ask: What is mindful eating?

- Choosing food you enjoy that nourishes your body.
- Turning to all your senses to find pleasure in your food (smelling, chewing, tasting, swallowing, and savoring each bite).
- Being aware of your level of hunger and fullness.

Present: Most people don't think about, or even enjoy, the taste of what they eat. They are simply focused on the next bite, on finishing the meal and moving onto something else, or are distracted by what is happening in their environment (the TV, computer, driving, reading, etc.).

Mindful Eating

Ask: What are the **drawbacks** of mindless eating?

- Less awareness of how much food we're eating
- Less ability to know when we're full

Ask: What are the **benefits** of mindful eating?

- Your brain has time to register that you are full, which takes about 20 minutes.
- Research shows that when people eat slowly and mindfully they tend to eat less food.
- It improves the whole experience of eating.
- It helps as you learn how to ignore the urges to snack that aren't associated with hunger.
- It can help reduce overeating.

Ask: How can you eat more **slowly**?

- Put down your utensils for 10-15 seconds after a few bites.
- Take sips of water (or non-calorie beverage) after every few bites.
- Take small bites and chew slowly. Finish chewing and swallowing each bite before you put more food on your fork.

Mindful Eating

Ask: How can you eat mindfully?

Here are some tips for how to eat mindfully.

Mindful Eating

- ☑ **Focus on your food.** Look at the food on your plate. Notice how each bite feels and tastes. Take time to enjoy the taste and smell of the food.
- ☑ **Create a calm eating environment.** With less stress or chaos, you will be able to pay attention to what you are eating. Turn off the TV and computer, put away newspapers, books, magazines, and try not to eat on the run.
- ☑ **Learn to refocus on your food after a distraction.** Although it is ideal to eat without distractions such as the TV, computer, phone calls, etc., there will probably be times when you will be interrupted by someone or something. These are the times that you need to remind yourself to refocus on your food.

Each time you eat, sit down and eat slowly and mindfully. Learn how to enjoy every bite of food so you feel both physically and mentally satisfied at the end of the meal.

Present: Between now and the next session -

- Practice eating slowly and mindfully.
- The goal is to make each meal last at least **20 minutes**.

Follow Up

Notes and Homework Page

While it is fresh in your mind, use this page to write down notes about the session. Consider what worked, what you need to do differently for the next session, whom you need to follow up with, information or ideas needing further research, and general concerns or issues that need to be addressed.

Lifestyle Coach Facilitation Guide: Post-Core

More Volume, Fewer Calories

Content Overview

This session explains how adding certain types of food to a diet can increase the volume of food eaten while still consuming fewer calories. This information is based on the research of Barbara Rolls, Ph.D., described in her book *Volumetrics: Feel Full on Fewer Calories.* Participants learn what fiber is, how it can help with weight loss, and how to increase fiber in a diet. The key to meeting the recommended goal of 25 grams of fiber per day for women to 38 grams for men (Dietary Guidelines for Americans, 2010) is to eat whole grains, fruits, and vegetables, and to drink plenty of water.

Lifestyle Coach Preparation Checklist

Materials

- ❑ Post-core handouts:
  - How to Increase Volume in Your Meals (3)
  - What is Fiber?
  - Diabetes Prevention, Weight Loss, and Fiber
  - Tips for Increasing Fiber
  - Where's the Fiber?
- ❑ "Food and Activity Trackers"
- ❑ "Lifestyle Coach's Log"
- ❑ Balance scale

Key messages to reinforce

- By adding certain types of food to your diet and drinking more water, you can actually increase the amount of food you eat while staying within your fat gram and calorie goals.
- Fiber can be especially helpful for people trying to lose weight and prevent type 2 diabetes.
- Whole grains, fruits, and vegetables are all excellent sources of fiber.
- Experts recommend that a healthy adult eat 25 (women) to 38 grams (men) of fiber per day.

After the session

At the completion of this session, do the following:

- ❑ Use the "Notes and Homework Page" for notes and follow-up tasks.
- ❑ Distribute "Food and Activity Trackers" (4) for the following month.

How to Increase Volume in Your Meals

By adding certain types of food to your diet and drinking more water, you can actually increase the amount of food you eat while staying within your fat gram and calorie goals.

Present: The basic idea of "Volumetrics" is to add volume to your meals by:

1. **Reducing fat**
2. **Adding fiber**
3. **Adding water**
4. **Adding fruits and vegetables**

Ask: What are some examples of ways you could add volume to your meals?

Add WATER to your meals	☑ Make soups and stews, either as a starter or a main meal ☑ Drink a smaller portion of fruit juice with added water or soda water
Add FRUIT to increase water and fiber	☑ Choose whole fruits, fruits canned in water or juice, and frozen fruits ☑ Begin your meal with fruit; half of a fresh grapefruit could be an appetizer ☑ Add fruit to your favorite yogurt ☑ Add strawberries, pears, or mandarin oranges to lettuce salads ☑ Add mango or fruit cocktail to rice ☑ Keep frozen fruit in your freezer; blend with nonfat yogurt for a great smoothie ☑ Add fruit to your breakfast cereal or oatmeal as a way to sweeten it ☑ Substitute applesauce/pureed prunes to baked goods and reduce the amount of oil

Post-Core: More Volume, Fewer Calories

Add VEGETABLES to increase water and fiber	☑ Begin your meal with a salad, raw vegetables, or a clear broth soup that has lots of vegetables ☑ Try out new vegetables; try some "new" kinds of greens, such as arugula, spinach, or romaine, in your salad ☑ Try drinking vegetable juice or tomato juice ☑ For a snack, choose raw vegetables with a low-fat or nonfat dip ☑ Add vegetables to your cooked dishes ☑ Have fresh, frozen, or canned vegetables on hand to add to casseroles or mixed meat dishes (add spinach, diced carrots, and extra onions to chili; add broccoli to baked ziti; add plenty of vegetables to jars of tomato sauce)
SOUPS are satisfying	☑ Numerous research studies report that adding soup to a meal helps people eat less ☑ Broth-based soups have been shown to help people lose weight and keep weight off ☑ Soup takes a long time to eat, fills up your stomach, and takes time to empty from your stomach, leaving you feeling full for longer ☑ Choose soups with low-fat broth or stock (instead of cream-based); lots of vegetables; lean protein such as chicken, turkey, lean beef, beans, lentils, barley, or tofu ☑ Aim for broth-based soups with about 100 calories per cup ☑ Add vegetables or beans to prepared soups ☑ Look for low-salt/low-sodium soups and broths when possible

Post-Core: More Volume, Fewer Calories

SALADS are filling	**Vegetable Salads** ☑ Any combination of vegetables makes a great salad ☑ For more fiber and a tasty crunch, add two tablespoons of nuts to your salad ☑ Use lower-calorie dressings ☑ Add chicken, canned tuna, or beans (black beans, kidney beans, chickpeas, soybeans) to a salad **Grain and Bean Salads** ☑ Add vegetables to add bulk to brown rice, couscous, or barley salad ☑ Combine three different beans with vegetables, herbs, and a vinegar-based dressing
LEGUMES are versatile	☑ Add beans or lentils to soups, chili, salads, pasta, rice, pizza, casseroles, and pasta sauces ☑ Legumes also make great dips; spread hummus on sandwiches or use it as a dip
NUTS, SEEDS, and DRIED FRUITS are nature's bounty	☑ They are good sources of fiber, but contain little water ☑ Caution: nuts and seeds are higher in calories and fat; eat them in moderation ☑ Add these to cereals, salads, and vegetables
Use WHOLE GRAINS	☑ The USDA MyPlate recommends that half of grains eaten should be whole grains ☑ Use whole grain pasta, rice, cereal, and bread ☑ It is important to substitute whole grain products *in the place of* refined grain products, rather than *adding* whole grain products in order to meet your fat and calorie goals

What is Fiber?

Ask: I'm sure we have all heard a lot about fiber, but can anyone tell me what fiber actually is?

Fiber is a material found only in plant food; it is essentially the cell walls of plants. Our digestive systems cannot digest or break down fiber. For this reason, fiber is sometimes referred to as "bulk" or "roughage." Whole grains, fruits, and vegetables are all excellent sources of fiber.

Present: Experts first realized that fiber plays an important role in a well-balanced diet when they saw lower rates of many diseases in populations where fiber intake was relatively high. For example, diseases such as heart disease, cancer, diseases of digestion, and type 2 diabetes occur less frequently among people who consume high-fiber diets.

Ask: Can anyone tell me what the two main types of fiber are?

There are two major types of fiber: **soluble** and **insoluble**.

- **Soluble Fiber**

  This type of fiber is found mostly in legumes (beans), oatmeal, barley, broccoli, and citrus fruits. An especially rich source of soluble fiber is oat bran. Soluble fiber has been shown to lower cholesterol and improve blood glucose levels. "Soluble" refers to the fact that it can be dissolved in water.

- **Insoluble Fiber**

  This type of fiber is found mostly in the skins of fruits and vegetables and in whole grain products and wheat bran. Insoluble fiber speeds the passage of material through the gastrointestinal system, thus helping the body get rid of waste. The term "insoluble" refers to the fact that this type of fiber cannot be dissolved in water.

Diabetes Prevention, Weight Loss, and Fiber

Fiber can be especially helpful for people trying to lose weight and prevent type 2 diabetes.

Ask: Does anyone know why that is?

Here are three reasons why fiber can help with weight loss:

1. **High-fiber foods tend to be low in fat and calories.**

   Remember that fiber is found only in plant foods, not in animal products. Plant-based foods are generally low in fat and calories. Continue to pay attention to portion-size and the way you prepare food - there is a big difference between broccoli covered with butter or cheese sauce and broccoli steamed with lemon juice or herb seasonings.

2. **Many high-fiber foods take longer to chew and therefore allow time for your body to realize that you are full.**

   Since fiber needs to be chewed, it slows down the eating process. This allows the body time to "catch up" and feel full, which in turn can help prevent overeating.

3. **By absorbing water, fiber creates bulk and can help you feel full.**

   Fiber has an absorbent quality, just like a sponge. It allows water to remain in the stomach and intestines longer than it otherwise would. This creates "bulk," which makes you feel full longer and as a result makes it less likely that you will overeat during the day.

Tips for Increasing Fiber

Present: It is clear that fiber may play an important role in your goals for weight loss and maintenance.

When including fiber-rich foods in your diet, keep the following tips in mind:

✓ **Increase fiber gradually**
If your diet is typically low in fresh produce or grains, add one portion at a time. If you try to add too much fiber too quickly, you might feel unpleasant symptoms such as gas, cramps, and diarrhea. If you increase your fiber intake gradually, your body will be able to adjust to the change.

✓ **Drink water**
Since fiber absorbs water, it is important to drink plenty of water so that the fiber will help move waste products through the body. Otherwise, fiber may actually cause constipation, rather than help you maintain regularity.

✓ **Choose fiber-rich foods instead of, not in addition to, low-fiber foods**
Even fiber-rich foods have calories, so keep your eye on your total calorie intake for the day. Focus on fruits and vegetables with skin. Whenever possible, use whole grain products – they have more fiber.

✓ **Watch for fats**
Even when products are advertised as "high-fiber," remember to check the label for fat content. Some high-fiber products are high in fat.

✓ **Set a fiber goal**
Experts suggest that a healthy adult should eat **25 to 38 grams** of fiber per day. Most adults, however, consume only 10 to 15 grams, meaning that many people fiber should increase their fiber by over 50%-100% per day!

✓ **Follow the advice of MyPlate**
MyPlate suggests making half your plate fruits and vegetables and making half of the grains you eat whole grains. This should help you reach the fiber gram goal of at least 25 grams per day if you choose fresh fruits and vegetables and whole grain products.

Where's the Fiber?

Present: Fiber can be found naturally in many types of foods.

Mayo Clinic: "High-fiber foods"		Serving size	Fiber(grams)
FRUITS	Raspberries	1 cup	8.0
	Pear, with skin	1 medium	5.5
	Apple, with skin	1 medium	4.4
	Strawberries (halved)	1 ¼ cup	3.8
	Banana	1 medium	3.1
	Orange	1 medium	3.1
	Figs, dried	2 medium	1.6
	Raisins	2 tablespoons	1.0
CEREAL, PASTA, & GRAINS	Bran cereal (various)	1/3 – ¾ cup	5-10+
	Spaghetti; whole-wheat, cooked	1 cup	6.2
	Barley; pearled, cooked	1 cup	6.0
	Oat bran muffin	1 medium	5.3
	Oatmeal; quick, regular or instant, cooked	1 cup	4.0
	Popcorn, air-popped	3 cups	3.5
	Brown rice, cooked	1 cup	3.5
	Bread, whole-wheat, multigrain, or rye	1 slice	1.9
LEGUMES, NUTS, and SEEDS	Split peas, cooked	1 cup	16.3
	Lentils, cooked	1 cup	15.6
	Black beans, cooked	1 cup	15.0
	Lima beans, cooked	1 cup	13.2
	Baked beans; vegetarian, canned, cooked	1 cup	10.4
	Sunflower seed kernels	¼ cup	3.9
	Almonds	1 ounce(≈23 nuts)	3.5
	Pistachio nuts	1 ounce(≈49 nuts)	2.9
	Pecans	1 ounce(≈18 halves)	2.7
VEGETABLES	Artichoke, cooked	1 medium	10.3
	Peas, cooked	1 cup	8.8
	Broccoli, boiled	1 cup	5.1
	Turnip greens, boiled	1 cup	5.0
	Sweet corn, cooked	1 cup	4.2
	Brussels sprouts, cooked	1 cup	4.1
	Potato; with skin, baked	1 medium	2.9
	Tomato paste	¼ cup	2.7
	Carrot, raw	1 medium	1.7

Follow Up

Notes and Homework Page

While it is fresh in your mind, use this page to write down notes about the session. Consider what worked, what you need to do differently for the next session, whom you need to follow up with, information or ideas needing further research, and general concerns or issues that need to be addressed.

Lifestyle Coach Facilitation Guide: Post-Core

Staying on Top of Physical Activity

Content Overview

This session discusses barriers to physical activity and allows participants to brainstorm solutions to these barriers. It offers several suggestions for ways to be physically active indoors. Participants also learn ways to stay motivated. The session concludes with a description of the many benefits of physical activity.

Lifestyle Coach Preparation Checklist

Materials

- ❑ Post-core handouts:
  - The Inside Scoop on Inside Activities
  - Other Barriers to Physical Activity (4)
  - Staying Motivated, Staying Active
  - Health Benefits of Physical Activity (2)
- ❑ "Food and Activity Trackers"
- ❑ "Lifestyle Coach's Log"
- ❑ Balance scale

Post-Core: Staying on Top of Physical Activity

Key messages to reinforce

- Consider the wide range of indoor activities when determining where and when to be active.
- Identifying what barriers to physical activity you face can help you begin to plan strategies to overcome them.
- Lack of motivation is often the largest barrier to staying physically active. There are many ways to get, and stay, motivated.
- The health benefits of physical activity are numerous, and include both short-term and long-term benefits.

After the session

At the completion of this session, do the following:

- ❑ Use the "Notes and Homework Page" for notes and follow-up tasks.
- ❑ Distribute "Food and Activity Trackers" (4) for the following month.

Barriers to Physical Activity

Present: A barrier to physical activity is anything that stands in the way of you and activity. Time is often the number one barrier to physical activity. For example, you may find yourself saying "I really want to be physically active, but I just don't have any time."

Identifying the barriers that get in the way of your physical activity is an important way to start overcoming them. Take a look at what is preventing you from being active – is it too cold, too hot, or too dark? Do you not have anyone to be physically active with? Knowing what those barriers are can help you begin to plan strategies to work around them.

Ask: What kinds of barriers to physical activity have you encountered? How did you handle them?

In this session we will discuss some typical physical activity barriers and possible solutions – look for those that apply to you.

The Inside Scoop on Indoor Activities

When the weather is just too hot, too cold, or too wet, you may want to think about moving your activity plans indoors. There may also be other reasons for not wanting to go outside, such as concern for safety.

Ask: Can anyone give me an example of how you have been physically active when you could not or did not want to go outside?

Experiment with Indoor Activities	In many areas, schools and colleges open their indoor tracks and other facilities to the public. Other choices may be shopping malls, community centers, or gyms with indoor walking areas. Try other indoor activities such as, indoor swimming, dancing, Zumba (Latin music and easy-to-follow dance moves), or salsa. Malls attract walkers because they are climate-controlled, have smooth floors, security, bathrooms, and easy parking. Many malls can provide maps to give you an idea of distance covered.
Consider Joining a Gym or Fitness Facility	Fitness centers and gyms have treadmills and some have tracks for indoor walking. These places usually offer televisions to watch or music to listen to while you walk. Many gyms and fitness facilities offer short-term (usually one week) trial memberships. Take advantage of these offers in order to try out the equipment and classes.
Check out DVDs, Videos, Cable TV	DVDs and videos for physical activity are often available at your local video rental store, on-line, or at the local public library. Many cable companies have fitness programs that you can use whenever it's convenient. Remember that many of these items vary in intensity and ability level, so it is important that you choose one that is appropriate for you.

Ask: What are some new activities you might like to try?

Other Barriers to Physical Activity

BARRIER	ALTERNATIVES AND SOLUTIONS
I HATE to do physical activity!	✓ Talk to former exercise "haters" – find out what finally worked for them and how they overcame their hurdle. ✓ Try an activity that you have never done before, such as dancing, water aerobics, or a new exercise video. ✓ Ask a friend to join you; support and companionship may make the experience more enjoyable. ✓ Listen to music while doing activity. ✓ Other ideas:
I don't have enough TIME.	✓ Break total physical activity time into multiple, shorter times throughout the day. For example, do two 15-minute sessions or three 10-minute sessions instead of one 30-minute session. You will burn the same number of calories and will receive some of the same health benefit from doing short bouts of physical activity as you would if you did one long routine. ✓ Multi-task other activities. For example, use an exercise bicycle while catching up on your favorite TV shows or take the dog for a walk. ✓ Other ideas:

Post-Core: Staying on Top of Physical Activity

BARRIER	ALTERNATIVES AND SOLUTIONS
I need leisure time to RELAX, not to do physical activity.	✓ Consider that physical activity actually helps with relaxation; it reduces tension and brings on feelings of relaxation. ✓ Many leisure activities are fun, relaxing, and still count as physical activity (for instance taking a walk or going for a swim). ✓ Other ideas:
I don't have the WILLPOWER or ENERGY for physical activity.	✓ Keep in mind that physical activity actually increases energy; many people report feeling more lively after being active. ✓ Focus on just getting started with an activity – starting up is the hardest part. Once you're going, "willpower" becomes much less of a problem. ✓ Other ideas:
My SPOUSE/ FAMILY doesn't want to spend their leisure time being physically active.	✓ Find activities that everyone likes, such as taking a walk outside, playing a game in a park, or even walking through the mall. ✓ Take some time for yourself - enjoy some "alone" time doing something that you like. ✓ Other ideas:

Post-Core: Staying on Top of Physical Activity

BARRIER	ALTERNATIVES AND SOLUTIONS
I think I'm too WEAK or OUT-OF-SHAPE to be physically active.	✓ Start small – or even smaller. Walk to the mailbox and back; walk up a flight of stairs or to a neighbor's house. ✓ Walk with a friend who can offer support and encouragement. ✓ Remember, lifestyle change takes time – allow yourself to work up to your goals gradually and safely. ✓ Other ideas:
I feel SELF-CONCIOUS or ASHAMED. People judge me and think I'm lazy or unattractive.	✓ Walk with a friend who can offer support and encouragement; the company may help you take your mind off of any feelings of self-consciousness. ✓ Choose a setting where you will feel more comfortable - outdoors at a park or at a local community center. ✓ Other ideas:
I don't like to SWEAT.	✓ Do your physical activity where no one can notice you are sweating, such as at home. ✓ Keep a towel handy to wipe off sweat as soon as it develops. ✓ Try to make a positive association with sweating – after all, it is a sign that you are burning calories. ✓ Remember that sweating is not dangerous; it is part of your body's natural response to exertion. ✓ Reward yourself with a nice shower or bath after physical activity. ✓ Other ideas:

Post-Core: Staying on Top of Physical Activity

BARRIER	ALTERNATIVES AND SOLUTIONS
I don't have any PLACE to get physical activity.	✓ Pick activities that you can do as part of your normal routine, such as an exercise video for your home, or walking around a shopping mall. ✓ Explore local options - parks, recreation centers, and health facilities. ✓ Other ideas:
I don't have CHILDCARE.	✓ If your children are young, put them in a stroller and bring them along. ✓ If your children are older, use at-home equipment (for instance a stationary bicycle or exercise video). ✓ Combine your physical activity with something they like – such as a family bike ride. ✓ Other ideas:

Staying Motivated, Staying Active

Present: Motivation is often the largest barrier to staying physically active. Having a lack of motivation is when you know you should be active, but you just can't get yourself to do something about it.

Ask: What are some ways that you stay motivated to be physically active?

Stay positive
Remind yourself of your past successes, and picture yourself being active for a lifetime.

Buddy up
Physical activity can be a lot more fun when you do it with others. Take a walk with a co-worker, your family, your dog, or a neighbor.

Be prepared
Today's high-tech, fast-paced lifestyle makes it easy to be inactive with conveniences such as remote controls, escalators, elevators, and "drive-thrus." Come up with ideas for adding steps to "walk around" such conveniences.

Keep track and look back
Keeping track of the physical activity you get each day will serve as motivation later. Look back to see how you've maintained or increased your activity each week.

Seek support
Check your local newspaper or search the internet for information on walking and hiking clubs in your area. Many places have group workouts tailored to certain interests (singles, families, older adults, etc.) that can keep you inspired and active.

Don't expect perfection
If you get off track, learn from your experience and find ways to deal with similar situations in the future. Know that you can always get back on track.

Keep things in perspective
Think of all the good things in your life, and try to maintain a positive attitude.

Note the benefits
Recognize the benefits you experience from your increased activity, such as more energy, a more positive outlook, or a slimmer waistline. When the going gets tough, refocus on these benefits.

Health Benefits of Physical Activity

Present: We have all heard that physical activity is good for us – but have you ever sat down and thought of all of the reasons *why*?

Ask: Can anyone tell me what some of the health benefits of physical activity are?

- **Lower blood glucose and reduced risk of type 2 diabetes**
  Physical activity is a powerful weapon against high blood glucose levels. Your blood glucose can stay lower for hours, even a day or more, after you are physically active. Why? Being active uses energy, which your body gets from glucose in your blood.
- **Weight control**
  Physical activity burns calories. The more physically active you are, the greater your ability to achieve and maintain a healthy weight.
- **More energy**
  The more physical activity you get, the better you feel. Physically active people report having more energy for work and play than inactive people.
- **Enhanced mental alertness**
  Studies show that physically active people have better memory, reaction time, and concentration.
- **Less stress and anxiety**
  Most people report feeling calm and relaxed for one to two hours following a brisk walk. Hormones and chemicals that build up during high-stress periods decrease when you are active.
- **Better heart health**
  Physical activity can help lower blood pressure and total cholesterol in the bloodstream. It can also raise HDL ("good") cholesterol, which lowers your risk for heart disease.
- **Improved self-image and better outlook**
  Regular physical activity heightens your sense of well-being, self-esteem, and personal value. A daily dose of 10,000 steps can lift your mood and ward off depression.

- **Slower aging process**
  Heart and lung fitness and muscle tone decline at a much slower rate in people who do physical activity regularly, compared to those who do not. Physical activity helps you maintain your flexibility as you age, increases your bone mass, improves your balance, decreases your risk of falls, and allows you to stay active into your older years.

- **Decreased cancer risk**
  Some cancers – including colon, breast, and cancers of the female reproductive organs – develop less often in those who are regularly active.

- **Better sleep**
  Researchers find that people who are regularly active - including regular walkers - fall asleep more quickly, sleep more soundly, and are more refreshed in the morning.

Follow Up

Notes and Homework Page

While it is fresh in your mind, use this page to write down notes about the session. Consider what worked, what you need to do differently for the next session, whom you need to follow up with, information or ideas needing further research, and general concerns or issues that need to be addressed.

Lifestyle Coach Facilitation Guide: Post-Core

Stepping Up to Physical Activity

Content Overview

This session revisits ways to incorporate lifestyle activities into one's daily routine. Lifestyle activity refers to any physical activity that is part of a normal daily schedule. Ways to add lifestyle activity to a daily routine include taking the stairs instead of the elevator, and parking farther away from a destination and walking the rest of the way. Participants learn ways to increase the speed, duration, and variation of their walking routine. This session also discusses using a pedometer and improving flexibility and balance.

Lifestyle Coach Preparation Checklist

Materials

- ❑ Post-core handouts:
  - Lifestyle Activity
  - Step Up Your Walking
  - Using a Pedometer
  - Foster Flexibility
  - Safety Guidelines for Stretching
  - Simple Stretching Exercises
  - Better Balance
  - Simple Balance Exercises
- ❑ "Food and Activity Trackers"
- ❑ "Lifestyle Coach's Log"
- ❑ Balance scale

Post-Core: Stepping Up to Physical Activity

Key messages to reinforce

- Learning to recognize opportunities for lifestyle activity during the day is a helpful strategy for losing or maintaining weight.
- Continue to add lifestyle activity every day of the month.
- Consider using a pedometer to measure how active you are throughout the day. The average American walks 1 ½ - 2 miles per day. Set a goal of 10,000 steps each day.
- Having good flexibility may help you alleviate stiffness, prevent injuries, and maintain good range of motion in the joints.
- Having good balance is one of the best ways to protect against falls.

After the session

At the completion of this session, do the following:

- ❑ Use the "Notes and Homework Page" for notes and follow-up tasks.
- ❑ Distribute "Food and Activity Trackers" (4) for the following month.

Lifestyle Activity

Present: During the last century, Americans have started using computers and watching TV more frequently. As a result, over time we have become less physically active.

Consider this description of one person's morning:

> *I wake up in the morning to the sound of an **electric** alarm clock. I then go into the kitchen to pour a cup of coffee, which has been brewed **by a machine**. After breakfast, I brush my teeth with an **electric** toothbrush. Before leaving for work, I turn on the TV with a **remote control** to watch the morning news. Then I get into my car and **push a button** to activate the electric garage door opener. I put the **automatic** transmission into drive and pull away. Power steering, power brakes, and power windows all make my drive to work **easier**.*
>
> *When I arrive at work, I drive around the parking lot until I find a spot near the front door. I enter the building and take the **elevator** to the second floor. I finally walk through the **automatic** doors which open into my office. I sit down and start my work day at the **computer**.*

Ask: Can anyone give any other examples of how technology and labor-saving devices have made their lives less physically active?

You can see how easy it is for us to remain inactive during a normal day. However, learning to find ways during the day to be active will help you to continue to lose weight and prevent you from gaining weight back.

Lifestyle Activity

Lifestyle activity refers to any physical activity you do as part of your normal daily routine. For example, walking up stairs at home or at work is a regular part of your day, but still can help you to burn extra calories.

Ask: Can anyone tell us about some lifestyle activities that they have added to their routine since starting this program?

During the next month, in addition to your regular physical activity routine, try to take advantage of natural cues around you to add a little more lifestyle activity to your day. **Continue adding new lifestyle activities all month.**

Ask: What types of lifestyle activities do you plan to add to your routine?

- ❑ Take the stairs instead of elevators and escalators (or at least walk up the escalator).
- ❑ Use bike paths (walk or bicycle) instead of driving to work or errands.
- ❑ When you must drive, park a little further from your destination and walk the rest of the way.
- ❑ Take physical activity breaks during the day. Get up, walk around, and enjoy the break!
- ❑ Reduce use of energy-saving machines. For example, wash your car by hand.
- ❑ When you ride a bus, walk to the next stop before boarding (or get off a stop early).
- ❑ Try new activities, such as dancing, gardening, or bowling.

Step Up Your Walking

Walking is one of the safest and simplest forms of physical activity. Now that you have been physically active for some time, you may be at a point where you want to increase how fast or how long you are walking.

To ensure success, follow these six steps:

1. **Warm up**: Begin walking slowly. Increase your speed after two to four minutes, once you feel that your muscles have begun to warm up and loosen. As a precaution – take a longer warm-up if you don't feel you're ready to go full speed.

2. **Include light stretching**: Studies show that light stretching of leg muscles used in walking may improve performance and reduce the risk of injury. Try some light stretches after your warm-up.

3. **Step it up gradually**: Increase your distance and pace over time. Aim for longer walks after you get comfortable with the routine. Set a new time or distance goal at the beginning of each week to keep it challenging.

4. **Mix it up**: Changing pace, direction, scenery, and distance a couple of days each week keeps your walking routine fresh and interesting. Don't feel that you're locked into a specific time or distance. Allow yourself "easy" days when you feel like backing off a little, but try to walk on most days.

5. **Use a relaxed walking technique**: The less you think about your style, the better. Just focus on staying comfortable and in control. If your shoulders are tight, arms are flailing, or back tires quickly, you're probably walking too fast.

6. **Work in extra steps throughout the day**: Every little bit counts, so look for different times during the day where you can take a walk instead of sending an email, take a walk instead of waiting in the car for an appointment or while the kids are playing sports, or take the long way to the water cooler.

Using a Pedometer

Present: The average American takes 3,000 to 4,000 steps per day – that is approximately 1 ½ to 2 miles! Think about what a difference you could make by adding even more steps – by taking 10,000 steps each day you could build up to just about five miles.

Ask: Does anyone currently use a pedometer? Can you tell us about your routine?

Consider using a **pedometer** to measure how active you are throughout the day. Using a pedometer can add fun and a new challenge to your activity plans.

2,000 steps = 1 mile

Using a pedometer is easy:

- ✓ Put the pedometer on first thing in the morning; remember to reset it every day.
- ✓ Clip the pedometer to your clothes at your waist.
- ✓ Make sure the pedometer is secure, straight, and does not move around a lot.
- ✓ Write down in your "Food and Activity Tracker" the number of steps you take each day.

Other helpful hints:

- ✓ Do not get the pedometer wet. Keep it under your coat if you are walking in wet weather.
- ✓ If you are having trouble keeping the pedometer clipped to your waist, consider clipping it to your hip, back, or the top of your sock. Keep in mind that these readings may not be as accurate, but at least you will have an idea of how many steps you are taking.

Foster Flexibility

Present: Throughout this lifestyle intervention, we have talked about the health and fitness benefits of regular physical activity. Another important part of regular physical activity is **flexibility.**

What is flexibility?

- Flexibility refers to a joint's ability to move through its full range of motion.
- We use flexibility in everyday activities, such as bending to tie our shoes, reaching in the pantry for an ingredient, or twisting around to see who is calling our name.

Why is flexibility important?

- Flexibility is an important component of fitness that is often ignored. Flexibility is not just for people practicing ballet, gymnastics, or martial arts; rather, it is an important part of fitness for everyone regardless of age, gender, goals, or experience.
- Poor flexibility of the lower back and hamstrings (back of the upper leg) has been shown to contribute to low back pain.
- Having good flexibility may help to reduce stiffness, prevent injuries, and maintain good range of motion in the joints.

How can I improve (or maintain) my flexibility?

- The best way to maintain flexibility is to stretch regularly, at least once a day.
- Perform basic stretches using the upper and lower body.

Safety Guidelines for Stretching

Remember these guidelines while performing stretching exercises:

- ✓ Do a short warm-up *before* stretching. A warm-up loosens the muscles to prevent injuries.
- ✓ Wear comfortable clothing, nothing which limits movement.
- ✓ Move slowly until you feel the muscle stretch. A safe stretch is gentle and relaxing.
- ✓ Hold the stretch steady for 10 to 30 seconds. **Do NOT bounce.** Bouncing can lead to torn muscles.
- ✓ Relax. Then repeat two to three times.
- ✓ Be careful to stretch both sides of your body – **stay in balance**.
- ✓ Stretch within your own limits. Don't compete.
- ✓ Never stretch if you have pain before you begin.
- ✓ If a particular stretch causes pain, stop doing it.
- ✓ Breathe slowly and naturally. **Do NOT hold your breath.**
- ✓ **Always stay in control**. Jerky, unstable movements can lead to injury. Don't let gravity be the boss!

Listen to your Body!

Simple Stretching Exercises

Here are some basic stretching exercises most people can do. Use a chair to sit on or to assist you during each stretch.

- **Overhead stretch (shoulders)**: Extend your arms overhead with elbows straight; interlock your fingers if possible. Keep your back and neck straight.
- **Mid-back stretch**: Extend your arms in front of you with elbows straight; interlock your fingers if possible. Gently pull forward, separating your shoulder blades.
- **Chest stretch**: Extend your arms behind you with elbows straight; interlock your fingers if possible. Gently lift your elbows upward.
- **Side bends**: Extend one arm up overhead and gently lean to the opposite side. Repeat with the other arm.
- **Trunk (middle) rotation:** Sit in a chair and gently rotate your middle and shoulders to one side, using your arms to help you rotate. Repeat in opposite direction. You should feel a stretch in your **middle**.
- **Hamstrings:** Sit in a chair and extend one leg forward, with the back of your heel resting on the ground. Keep your knee straight and gently lean forward to your toes. Repeat on other leg.
- **Calf stretch (ankle and calf):** Hold onto a chair or countertop. Place one ankle behind the body with knee straight and the foot flat on the floor. Put the other leg slightly forward and bend. Lean forward to feel the stretch**.** Repeat on the other side.

Source: National Center on Physical Activity and Disability

Better Balance

What is balance?

- Balance is the ability to control and maintain your body's position as it moves. Your brain, muscles, and bones work together to keep you steady and to keep you from falling.
- You use balance in everyday activities, such as rising from a chair, going up or down stairs, getting out of a car, or walking.

Why is balance important?

- Balance training helps the muscles work together and it strengthens the body's ability to correct itself when balance is lost. This is helpful when you are doing activities, like walking or bike riding, as well as in all your daily activities (getting in and out of cars, carrying groceries, playing with children).
- Having good balance is also one of the best ways to **prevent yourself from falling**.

Can I improve (or maintain) my balance?

- Balance is a skill that almost everyone can preserve throughout life. If you have become a little "unbalanced," it is possible to improve your balance. In addition to normal aging, your balance can be affected by injury, illness, nervous system disease, and medications.
- If you have concerns about your balance, **please consult your health care provider before trying any exercises.**

Simple Balance Exercises

Present: First and foremost, stay safe. If you know that you have balance problems, then you should consult a professional for guidance on how you should practice balancing. When preparing for balance exercises, wear loose, comfortable clothing and shoes with good support. Make sure you perform balance exercises on firm, hard surfaces (such as a wood floor).

Here are some basic balance exercises most people can do:

- ✓ Start with proper posture, which you can practice anywhere, anytime.
- ✓ Walk. It is a good form of physical activity and it helps you maintain your balance.
- ✓ Stand in a doorway or near a table or chair (so you can steady yourself at any time). Try **standing on one leg** for 30 seconds. You could even do this while washing dishes or brushing your teeth, as long as you have the counter to hold onto (or grab if you start to lose your balance). You can modify this exercise by:
    - **Standing hip raise**: Lift one knee forward so that it is parallel to the hip and bent at a ninety degree angle
    - **Standing knee bend**: Bend the knee backwards, so that the shin is parallel to the floor
    - **Standing kick**: Keeping the leg straight, lift one leg out in front of you, with the foot in a "kick" position
    - **Standing side kick**: Keeping the leg straight, lift the leg out to the side
    - **Tandem standing**: Place one foot directly in front of the other, touching heel to toe
- ✓ Practice **side-stepping or braiding** (walking sideways crossing one leg over the other) at the kitchen counter. Start by holding onto the counter and progress to letting go as your balance improves.

Follow up

Notes and Homework Page

While it is fresh in your mind, use this page to write down notes about the session. Consider what worked, what you need to do differently for the next session, who you need to follow up with, information or ideas needing further research, and general concerns or issues that need to be addressed.

Lifestyle Coach Facilitation Guide: Post-Core

Balance Your Thoughts for Long-Term Maintenance

Content Overview

This session focuses on overcoming self-defeating thoughts and countering them with positive, realistic thoughts. One category of self-defeating thoughts that gets a lot of attention in this session is making excuses and rationalizations. This session also teaches assertive behavior - the honest, straightforward expression of thoughts and feelings. Assertive responses are distinguished from passive and aggressive responses.

Lifestyle Coach Preparation Checklist

Materials

- ❑ Post-core handouts:
  - What Are You Thinking?
  - Excuses and Rationalizations
  - Assertiveness
  - What is Assertive Behavior?
  - Tips for Assertive Behavior
  - Worksheet: Assertive Behavior
- ❑ "Food and Activity Trackers"
- ❑ "Lifestyle Coach's Log"
- ❑ Balance scale

Key messages to reinforce

- Countering self-defeating thoughts with positive self-statements is critical to the long-term maintenance of your healthy lifestyle goals.
- The more often you practice **not** giving in to excuses and rationalizations, the more able you will be to strengthen the behaviors of self-restraint and self-control and maintain your healthy lifestyle changes.
- By responding to challenging situations in an assertive way, we stand up for our personal rights in an appropriate way by expressing thoughts, feelings, and beliefs in direct and honest methods that do not violate the rights of others.

After the session

At the completion of this session, do the following:

- ❑ Use the "Notes and Homework Page" for notes and follow-up tasks.
- ❑ Distribute "Food and Activity Trackers" (4) for the following month.

Thinking About Our Behaviors

Present: In order to be successful at long-term maintenance of weight loss, it is critical to learn how to effectively manage the way we think about our behaviors. Sometimes people can be their own worst enemies by allowing self-defeating thoughts to stand in the way of making lifestyle change permanent.

There are several common categories of self-defeating thoughts that can impact weight management. By identifying and understanding these types of thoughts, you can be more equipped to counter negative self-defeating thoughts with positive ones.

Ask: Can anyone give me an example of a self-defeating thought?

What Are You Thinking?

Ask: Taking a look at common types of negative, self-defeating thoughts, are there any that you have found yourself thinking in the past? What are some ways to counter these self-defeating thoughts?

Self-Defeating Thoughts:		Try this Helpful Response Instead:
All-or-nothing thinking	*Either I'm perfect on my diet and activity plan or I've completely failed.*	Making a mistake is definitely not the same as failure.
Jumping to conclusions	*I ate chocolate today, so reaching my healthy eating goals is impossible.*	I don't have to be perfect. I make healthy food choices most of the time.
Negative fortune-telling	*I won't be able to resist the desserts at the party.*	No one will force me to eat. I need to prepare myself in advance.
Discounting the positive	*I only walked for 100 minutes this week. I deserve credit only if I reach my activity goal.*	I deserve credit for every positive action that I take.
Emotional way of thinking	*Since I feel so hopeless about reaching my goals, it really must be hopeless.*	Everyone gets discouraged from time to time. My goals are unreachable only if I decide to give up.
Labeling	*I'm a failure for overeating or skipping my workout today.*	Of course I'm not a failure. I reach my goals most weeks.
Believing in food myths	*If I eat standing up, it doesn't count.*	A calorie is a calorie, no matter how I consume it.
Excuses & Rationalizations	*It's okay to eat these sweet foods because I'm so stressed out.*	Emotional eating is a habit I need to break. I need to tolerate my stress or cope with my problems in a healthier way.
Overstatement	*I'm totally out of control with my eating and lack of activity!*	I may have strayed from my plan, but I can start following my program again right away.

Excuses and Rationalizations

Present: There is one type of self-defeating thought that deserves further attention and discussion: making excuses and rationalizations. Certainly, this type of behavior applies to many situations, not just weight loss: *I know this shirt is too expensive, but I'll splurge just this once*; or *I really don't have too much going on at work tomorrow, so I can stay up late and finish this movie even if it means I'll be tired in the morning.*

Making excuses and rationalizations for a slip from healthy eating or activity is a normal type of thought pattern for people engaged in behavior change. Sometimes thoughts such as *It'll go to waste* or *It's a special occasion* can give us permission to stray from our healthy lifestyle behaviors and long term goals. The more you give into these thoughts, the more likely you are to regain weight as well as establish a pattern of accepting excuses or rationalizations.

However, the more often you practice **not** giving in, the more likely you are to strengthen the behavior of self-restraint and self-control. It is important to emphasize that countering excuses and rationalizations requires repeated practice, just like other elements of behavior change.

Ask: Take a look at this list of typical statements and identify any that you have used yourself.

It's okay to stray because……

___ It's just one little piece.
___ It's not *that* fattening.
___ It won't matter in the long run.
___ It'll go to waste.
___ I'll disappoint someone if I don't eat it.
___ Everyone else is eating.
___ I burned a lot of calories on my walk today.
___ I'll be careful tomorrow.
___ No one will see me eating it.
___ It's free.
___ It's a special occasion.
___ I'm upset, and I just don't care.
___ I'm craving it, and I'll probably just eat it eventually.
___ I paid for it and I want to get my money's worth.
___ I'll do physical activity tomorrow.
___ I might not be able to eat this again for a while.

Assertiveness

Present: As you continue changing your eating and physical activity habits, you may find yourself facing some situations involving other people who are not supportive of your healthy lifestyle.

Imagine that you have been invited to a dinner party by a friend. You call the host before accepting the invitation to tell her that you are enrolled in a lifestyle program to change your eating behavior.

> Hi Carol, I would love to come to your dinner party, but wanted to let you know something ahead of time. I am currently in a lifestyle program that has helped me change the way I eat. I am not calling to ask you to serve anything special at the party, but just wanted to let you know that I will probably be taking smaller portions and having fewer drinks than I may have in the past. I wanted you to know ahead of time so that you would understand my reasons.

Now imagine that when you arrive at the party the host begins to pressure you to eat and drink by telling you to "eat hearty" and "one more drink won't hurt you."

There are several ways that you could respond to the host:

Give in:

- *Okay, if you insist.*
- *I guess you're right - one night won't hurt me.*

Talk back:

- *If I had known you were going to push food on me, I would have stayed home!*
- *What's the matter with you? I told you I'm trying to eat less!*

Be assertive:

- *No, thank you, I can't, but I will certainly enjoy what I do eat.*
- *I would like nothing better than to eat all of this delicious-looking food, but this program is very important to me. So I'll have to say no.*

Present: Effectively managing situations such as these requires an important behavioral skill: **assertiveness.**

What is Assertive Behavior?

Present: Assertive behavior refers to exchanges between people that involve honest and straight-forward expression of thoughts and feelings. In challenging situations, there are several ways that people often respond to others:

1. **Passive (non-assertive) response**: A passive response often means that we violate our own rights by not being honest with other people about our feelings. A passive response can give others an opportunity to take advantage of us.

   - *I guess you're right - one night won't hurt me.*

2. **Aggressive (hostile) response:** An aggressive response means we are directly standing up for our personal rights, yet our conduct is inappropriate and violates the rights of others.

   - *What's the matter with you? I told you I'm trying to eat less!*

3. **Assertive response:** By responding assertively, we stand up for our personal rights in an appropriate way by expressing thoughts, feelings, and beliefs in direct and honest methods that do not violate the rights of others.

   - *I would like nothing better than to eat all of this delicious-looking food, but this program is very important to me. So I'll have to say no.*

Why Don't People Assert Themselves?

We don't want to be aggressive. We have all been taught not to be aggressive, and people frequently confuse aggression with assertive behavior.

We worry something negative will happen. People often worry that others will become angry or dislike them if they are assertive. They feel that others may view them as "pushy" or "selfish."

We don't want to be impolite. People may mistake being passive with being helpful, kind, and "nice." For example, "I'll taste this dessert because I know you worked hard to make it."

We never learned how to be assertive. If you have never learned how to be assertive you may not have the skills, and it may feel unfamiliar or strange to respond to people in this manner.

Tips for Assertive Behavior

Practice these tips for asserting yourself in challenging situations:

- **Use "I" statements to express your feelings and choices.** Use the words "*I* feel…"or "*I* would like to…"as opposed to "*You* should…" or "*You* shouldn't…"
    - **Appropriate:** *"I would appreciate it if you didn't tease me about my lifestyle changes. It makes me feel self-conscious."*
    - **Inappropriate:** *"Stop acting like such a jerk. You could stand to lose some weight yourself."*

- **Talk about the <u>action</u> or behavior and not the personality of the person to whom you are speaking.**
    - **Appropriate:** *"John, I would like you to help me with kitchen cleanup so that I can avoid the temptation to snack while putting away leftovers."*
    - **Inappropriate:** *"John, if you weren't so lazy and helped more around the house, I would have an easier time sticking to my lifestyle changes."*

- **Consider your manner and tone of voice.** It is important to look at the person you are speaking to, and to speak in a pleasant - but firm - tone of voice.

- **Practice assertive behavior.** Assertive behavior skills can be learned, but like other skills, practice makes perfect!

Worksheet: Assertive Behaviors

Present: Try to think of situations that have occurred since you started the National Diabetes Prevention Program *Lifestyle Intervention*. When have you struggled to assert yourself, and how might you respond in the future?

1. **Describe one social situation that makes it hard for you to be assertive about your new eating behaviors:**

   What might be an assertive response in this situation?

2. **Describe one social situation that makes it hard for you to be assertive about your new physical activity behaviors:**

   What might be an assertive response in this situation?

Follow Up

Notes and Homework Page

While it is fresh in your mind, use this page to write down notes about the session. Consider what worked, what you need to do differently for the next session, whom you need to follow up with, information or ideas needing further research, and general concerns or issues that need to be addressed.

Lifestyle Coach Facilitation Guide: Post-Core

Handling Holidays, Vacations, and Special Events

Content Overview

This session addresses the difficulties of maintaining a healthy lifestyle during holidays, vacations, and special events. Strategies are suggested for handling these special occasions: anticipating the event, avoiding or reducing stress, building in ways to be active, and preparing for the personality and habits of friends and family. Participants examine their priorities during these times and think about ways to make time for a healthy lifestyle during special occasions.

Lifestyle Coach Preparation Checklist

Materials

- ❑ Post-core handouts:
  - Ways to Handle Special Occasions (3)
  - Planning Ahead
  - Reflect On What's Important to You
  - Making Time for a Healthy Lifestyle
- ❑ "Food and Activity Trackers"
- ❑ "Lifestyle Coach's Log"
- ❑ Balance scale

Key messages to reinforce

- Proper planning can help you maintain your healthy lifestyle during holidays, vacations, and special events.
- Build in ways to eat healthy and be physically active during special occasions.
- Set realistic expectations for special occasions.
- Recognize that time is often the biggest barrier to a healthy lifestyle during special occasions. Plan for ways to make time for things that are important to you.

After the session

At the completion of this session, do the following:

- ❑ Use the "Notes and Homework Page" for notes and follow-up tasks.
- ❑ Distribute "Food and Activity Trackers" (4) for the following month.

Ways to Handle Holidays, Vacations, and Special Events

Present: Many people find it difficult to eat healthy and stay active during holidays, vacations, and special events. Social events are common during these times, and food is often a large part of the celebration. Good food and good times seem to go hand in hand.

However, as we have all learned during the program, social eating can be a challenge for those of us trying to lose or maintain weight. Food choices at social events can be limited and may not involve healthy choices. Relationships with friends and family can also play a role; other people may influence how and what you eat.

Ask: Can anyone share any tactics they have used to handle special events?

Ways to Handle Special Occasions Include:

1. **Anticipate the event**
   - Think about what foods and drinks will be served and if you can make special requests (i.e., salad dressing on the side, club soda with lime to drink, a lean meat or vegetarian item).
   - Plan out how you will spend your fat grams and calories for the day (e.g., "bank").
   - Think ahead about ways to control your calories during the evening (i.e., drinking lots of water, limiting appetizers and desserts, etc.).
   - Focus on the non-eating aspects of the event that you enjoy.
2. **Plan pleasures other than food or drink**
   - Plan the kind of holiday, vacation, or special event that **you want**, and make it healthy!
   - Think about what you can do to stay active. Can you make physical activity a part of your holiday, vacation, or special event? A morning or evening walk, swimming laps, or dancing could easily fit the bill.

3. Hold a family meeting ahead of time

- How will we handle food and eating out?
- Can we find a fun way to all be physically active this year?
- Ask your family to agree to encourage you to eat healthy and be physically active.
- Talk about other ways your family can help you maintain your goals.

4. Set reasonable expectations

- Continue to keep track of your eating and physical activity.
- Weigh yourself often, if possible. Don't forget that scales differ.
- Plan to **maintain** your weight – it may not be realistic to expect to lose weight.
- Let go a little. Eat something special – choose the best, and have a small portion.

5. Avoid or reduce stress caused by holidays, vacations, or special events

- Avoid trying to please others more than yourself.
- Plan daily times to relax.

6. Decide what to do about alcohol

- Drinking alcohol may lower self-control, making you more likely to eat and drink beyond what you otherwise would.
- If you drink, be aware of the calories you are consuming.

7. Build in ways to be active

- Be a little more active with any extra time you have.
- Park further away and walk when doing holiday errands or sight-seeing.
- Look for seasonal ways to be active that can become traditions, such as visiting parks, window shopping at a brisk pace, or even sledding.

8. Prepare for the personalities and habits of friends and family

- If you have a relative who likes to push food on everyone, or a friend who is constantly refilling your wine glass, mentally prepare for how you will handle the situation.

9. Plan for pleasures *after* holidays, vacations, or special events

- Sometimes after the holidays or special events, people get the "blahs" and lose motivation to continue their healthy habits. In order to help avoid those feelings, plan something to look forward to in the near future (such as a weekend trip in February, or a day spent with friends after a vacation).

Planning Ahead

Despite the challenges, healthy eating and being active **are** possible during holidays, vacations, and special events. The key is to **plan ahead**.

Ask: Think about a holiday, vacation, or special event that is in the near future:

1. **What problems related to food might come up?**

2. **Choose one problem. List some ways to handle it.**

3. **Choose the best solution.**

   - What will you need to do to make that happen?

   - How will you handle things that might get in the way?

4. **Plan a non-food reward (new item of clothing, time for reading, weekend away) for yourself if you are able to follow your plan.**

   - What will the reward be?

   - What will you need to do to earn that reward?

Reflect on What's Important to You

It is common to neglect healthy eating and physical activity during holidays, a vacation, or a special event. One reason is **too much to do in too little time.**

To help you manage your time, take a minute to **reflect on what's important to you.**

1. Pretend it is **10** years from now. You are thinking about how you spent holidays, vacations, or special events during those 10 years.
   - What memories would you treasure most?
   - What were the most meaningful and enjoyable?
2. List some other activities and traditions that are NOT so meaningful or enjoyable (for example, you may send holiday cards every year but not find much meaning or enjoyment in doing so).
3. Think about how the importance of **staying healthy** measures up to the things that are important to you, versus those that are not so important. How does this impact your priorities for holidays, vacations, and special events?

Making Time for a Healthy Lifestyle

Present: Let's look at some ways that holidays, vacations, and special events tend to get in the way of maintaining a healthy lifestyle.

Ask: Think about the following actions and whether or not you have a difficult time continuing them during special occasions.

When I get busy during special occasions, I tend to neglect the following behaviors:

- ❑ Keeping track of what I eat
- ❑ Keeping track of physical activity
- ❑ Doing physical activity
- ❑ Cooking low-calorie and low-fat foods
- ❑ Planning ahead when I eat out
- ❑ Talking back to negative thoughts
- ❑ Changing problem cues (food, social, or activity cues)
- ❑ Adding helpful cues (food, social, or activity cues)
- ❑ Problem solving things that get in the way of my healthy lifestyle goals
- ❑ Other (specify):

Some possible ways to MAKE TIME to do the above things:

1. Cut back on these activities that are LESS important to me:

2. Make time for healthy eating/physical activity by (brainstorm):

   - Choose the best solution

What might get in the way? How will I handle this?

Follow Up

Notes and Homework Page

While it is fresh in your mind, use this page to write down notes about the session. Consider what worked, what you need to do differently for the next session, whom you need to follow up with, information or ideas needing further research, and general concerns or issues that need to be addressed.

Lifestyle Coach Facilitation Guide: Post-Core

Preventing Relapse

Content Overview

This session emphasizes that a *lapse* is a small, temporary slip in weight loss efforts, while a *relapse* is a return to previous habits that is associated with weight gain. This session explains the chain of events that can lead to relapse, and highlights strategies for keeping a lapse from progressing to relapse. Participants learn to recognize high-risk situations and learn to plan for how to handle them and recover from a lapse, should one occur.

Lifestyle Coach Preparation Checklist

Materials

- ❑ Post-core handouts:
  - What is a Relapse?
  - The Relapse Chain
  - Keeping a Lapse from Becoming a Relapse
  - Recognizing High Risk Situations (2)
  - Planning for Your High Risk Situation
  - Planning for Comeback
  - Your Comeback Plan
- ❑ "Food and Activity Trackers"
- ❑ "Lifestyle Coach's Log"
- ❑ Balance scale

Post-Core: Preventing Relapse

Key messages to reinforce

- A **lapse** is a temporary and small slip in your weight loss efforts.
- A **relapse** is a return to previous eating and activity habits and is associated with significant weight regain.
- In order to avoid or effectively deal with lapses, it is important to identify situations that might be high-risk, and prepare a plan to deal with those situations.

After the session

At the completion of this session, do the following:

- ❑ Use the "Notes and Homework Page" for notes and follow-up tasks.
- ❑ Distribute "Food and Activity Trackers" (4) for the following month.

What is a Relapse?

Ask: How many people here have lost weight before, only to gain it back? When you started the National Diabetes Prevention Program *Lifestyle Intervention*, did you have doubts or worries about keeping the weight off?

Present: It is not uncommon for people who have lost weight to start slipping back into old behaviors and seeing their weight slowly creep up. That said, just because it is not uncommon does not mean it is inevitable!

We are going to spend this session talking about how weight regain happens, and how you can **prevent** it.

Weight regain usually starts with a **lapse**.

A lapse might be overeating during dinner for a day or two, or skipping your physical activity for a week while you are on vacation. Lapses are a natural part of weight management. At some point, everyone has lapses – small slips, moments, or brief periods of time when they return to an old habit.

A lapse is a brief and small slip in your weight loss efforts.

REMEMBER that by itself, a lapse will not cause you to gain back the weight you have lost.

A lapse left unchecked, however, can grow into a **relapse.** A relapse usually results from a series of several small **lapses** that snowball into a full-blown relapse. The most effective way to prevent a relapse is to identify the lapses early and deal with them before they turn into a relapse.

A relapse is a return to previous eating and activity habits and is associated with significant weight regain.

The Relapse Chain

The **relapse chain** is a series – or chain reaction – of events that can lead to a full relapse. The chain is shown here using the case of "Rose," who slowly but steadily lost 19 pounds during the lifestyle intervention over a seven-month period.

Rose had adopted healthy eating habits and had made walking a regular part of her week, then the following took place:

1. **High risk situation**:
   Rose and her husband went for a long weekend at the beach.

2. **No plan for the situation**
   Rose did not plan for how she would maintain her healthy eating and physical activity habits while on vacation.

3. **Small lapse occurs**
   Rose decided "on the fly" that she deserved a few days without worrying about what she ate. However, when she got home she weighed herself and couldn't believe that she was two pounds heavier than when she left for her trip!

4. **Negative thinking and no plan for lapse**
   Rose became upset at the two pound weight gain and began feeling that there was no use trying anymore. She thought, "If I can't just enjoy myself for a few days, why even bother?"

5. **Another relapse and no comeback plan**
   Rose became further depressed and frustrated, and did not resume her healthy eating habits or walking routine.

6. **Full relapse**
   A week later, Rose had gained a total of five pounds and decided against going to the scheduled post-core session.

Ask: What could Rose have done to break the relapse chain?

Keeping a Lapse from Becoming a Relapse

In order to deal most effectively with lapses, it is important to be prepared for them.

Present: A lapse (or a single occasion of uncontrolled eating or not being physically active) is not likely – by itself – to cause you to slip back into old habits and regain weight. However, when people eat something they know they shouldn't or stop being active, they often have self-defeating thoughts.

Step 1: The first step in dealing with lapses is to recognize that 99.9% of all **people trying to lose weight and be active experience lapses**. Lapses can and should be useful learning experiences.

Step 2: The second step is to **resist the tendency to think negative thoughts**. You are not a failure if you lapse – you are normal!

Step 3: Next, **ask yourself what happened**. Use the chance to learn from the lapse. *Was it a special occasion? If so, is it likely to happen again soon? Did you eat because of social pressure? Did you skip physical activity because you were too busy with other things, or because of work and family pressures?* Review the situation and think about it neutrally. Then plan a strategy for dealing more effectively with similar situations in the future.

Step 4: The fourth step is to **regain control** of your eating or physical activity at the very next opportunity. Do not tell yourself, "Well, I blew it for the day," and wait until the next day to get back on track. Getting back on track without delay is important in preventing lapses from becoming relapses.

Step 5: **Talk to someone supportive**. Call your Lifestyle Coach, another participant, or another friend or loved one and discuss your new strategy for handling lapses.

Step 6: Finally, **remember you are making life-long changes**. Weight loss is a journey with lots of small decisions and choices every day that add up over time. Focus on all the positive changes you have made and realize that you <u>can</u> get back on track.

Recognizing High-Risk Situations

Present: Having completed the National Diabetes Prevention Program core sessions, you have probably already been faced with situations where you had to cope with (or think about) lapses. Now that you are in the post-core phase, with a focus on either maintaining your weight or losing additional weight, the high-risk situations you currently face may not be the same as those you faced during the earlier phase of the program.

In addition, situations may not be high-risk across the board. A situation that makes you want to eat high-calorie foods may not affect your physical activity routine, and vice versa. Also consider what situations seem to decrease your self-monitoring behavior, which is an easy way to start slipping on eating and activity. Finally, remember that both positive and negative situations can be risky for lapses.

Think about times in the past several weeks when you might have slipped or had a lapse. What was going on? What circumstances led to your lapse?

There are some situations that are commonly identified as high-risk by individuals trying to manage their weight. Review the categories on the following worksheet: **emotional, routine, social, and other**. Circle those that apply to you, and write in your own high-risk situations.

EMOTIONAL High-Risk Situations

Positive	Negative
1. You just got a new job and want to celebrate with good food and wine at your favorite restaurant. 2. You are on vacation, feeling relaxed, and enjoying being with your family. 3. It is football season and you want to enjoy all of the snacks and drinks that go along with a good game. 4. 5.	1. You feel overwhelmed by the things you cannot control in your life. 2. You are feeling down and crave "comfort food." 3. You are angry, upset, or frustrated. 4. 5.

ROUTINE High-Risk Situations

Positive	Negative
1. You are on vacation and staying at someone's home or in a hotel. 2. You are traveling and eating out for each meal. 3. The weekend is relaxed (or busy) and you do not have a structured routine. 4. 5.	1. You are ill and cannot do your usual activities. 2. You are very busy at work or at home. 3. You feel exhausted and are having trouble sleeping. 4. 5.

SOCIAL High-Risk Situations

Positive	Negative
1. You are at a party and do not want to stand out by not having cake. 2. You go out to dinner with friends and everyone orders high-calorie meals. 3. Someone gives you a box of chocolates as a gift. 4. 5.	1. You have an argument with your spouse, a friend, or a co-worker. 2. There is tension or stress in your family. 3. Your children refuse to eat the low-calorie foods you prepare. 4. 5.

OTHER High-Risk Situations:

Planning for Your High-Risk Situations

Part of successful weight management is having a **plan** to deal with your high-risk situations so that they do not become lapses. **Develop a plan**. **Write it down**. Look at it when you find yourself faced with a high-risk situation, or in the middle of a slip.

Present: Your plan should involve taking action to change the situation, your thoughts and behaviors, or both. Make sure your plan is specific and detailed, so that you will be able to follow it when you are in the middle of a high-risk situation.

Healthy eating: I am at high-risk for stopping my healthy eating when:

Plan:

Physical activity: I am at high-risk for decreasing my physical activity when:

Plan:

Self-monitoring and support: I am at high-risk for missing a session or not

Plan:

Planning for Comeback

Present: Having a lapse is a natural part of weight management. Even when you have an excellent plan to handle your slips and high-risk situations, you cannot always prevent or avoid lapses. This does not mean you have failed or that you will regain your weight.

Keep these things in mind while planning your comeback:

- Reflect on your progress. Remember your purpose.
- Remember that a short period of overeating or skipped activity will **not** erase all of your progress.
- Be kind to yourself. Stay calm and listen to your positive self-talk (while sending away negative thoughts). How you think about your lapse is the most important part of the process. If you use it as a learning opportunity, you will succeed. If you give up and stop trying to make changes, then you are at risk for a relapse.

Ask: What kinds of elements might you include in your comeback plan?

Comeback Plan

☑ **Start using your Food and Activity Tracker daily**
Make sure you write down everything that you eat and drink, taking care to be as exact in your portion size as possible.

☑ **Budget fewer calories**
Decrease your calorie intake or increase your physical activity for several days to make up for your lapse.

☑ **Plan your meals**
Start planning what you will eat at your **next** meal. Plan what you will eat for the next several days, including snacks. You might consider using pre-packaged frozen meals so that you know exactly what and how much you are eating.

☑ **Seek support**
Call your Lifestyle Coach, another group member, or a good friend for a pep talk to help you start your comeback plan and to feel positive about your success.

Your Comeback Plan

Think about what will be the most effective comeback plan for **you** to recover from a lapse and prevent a full relapse. Write down these steps and keep your written plan in a place where you can easily find it when you need it.

1. **What two steps can I take immediately after a lapse to get back on track?**

2. **What negative thinking might get in the way of putting my comeback plan into action?**

3. **What positive thoughts will I use to keep myself going with my comeback plan?**

4. **How will I reward myself when I get back on track?**

Follow Up

Notes and Homework Page

While it is fresh in your mind, use this page to write down notes about the session. Consider what worked, what you need to do differently for the next session, whom you need to follow up with, information or ideas needing further research, and general concerns or issues that need to be addressed.

Lifestyle Coach Facilitation Guide: Post-Core

Stress and Time Management

Content Overview

This session explores the causes of stress and how participants deal with stress. Participants learn ways of reducing stress by streamlining their physical activity, making time to relax, getting plenty of sleep, and having a good laugh. Participants examine how they are spending their time each day and brainstorm ways to improve their time-management.

Lifestyle Coach Preparation Checklist

Materials

- ❑ Post-core handouts:
  - Taking a Closer Look at Stress
  - Stress and You
  - Take Charge of Your Response to Stress
  - Strategies for Saving Time with Physical Activity
  - Make Time to Relax
  - Make Time to Sleep
  - Sleep Savers vs. Sleep Stealers
  - Make Time to Laugh
  - To-Do: How Do I Spend My Time?
  - To-Do: What Will You Do with Your Extra Time?

- ❑ "Food and Activity Trackers"

- ❑ "Lifestyle Coach's Log"

- ❑ Balance scale

Post-Core: Stress and Time Management

Key messages to reinforce

- High levels of stress can be a barrier to making healthy lifestyle changes.
- Streamlining activities and tasks can be an effective time-management strategy.
- Proper breathing is called "belly breathing;" breaths are slow and deep and fill the abdomen, not the chest.
- Adequate sleep is a major element of coping with stress.
- Laughter is a great way to manage stress and stay healthy.
- Managing your time well can reduce some of the stress in your life.

After the session

At the completion of this session, do the following:

- ❑ Use the "Notes and Homework Page" for notes and follow-up tasks.
- ❑ Distribute "Food and Activity Trackers" (4) for the following month.

Taking a Closer Look at Stress

Present: Stress is part of everyone's life. Stress means different things to different people, and what causes stress for one person may not cause it for another.

Stress is not always bad. For example, very positive events like weddings, the birth of a grandchild, and starting or ending a job can cause stress. Some stress can help make your life interesting and exciting, but too much stress, or stress that continues for too long, can have a negative impact on your body and your mind.

If not managed properly, stress can lead to illness, increased blood glucose levels, increased anxiety, or depression and mood swings.

Forms of stress may include:

- **Physical stressors**: fever, pain, illness
- **Environmental stressors**: weather, noise, housing concerns, traffic
- **Social and emotional stressors**: concerns over money, job and family demands, having to make a big decision, guilt, loss, and lifestyle change

High levels of stress can be a barrier to making healthy lifestyle changes. Stress can cause people to:

- Lose interest in physical activity
- Become very inactive and withdrawn from daily activities
- Increase inactive behaviors such as excessive TV watching, playing on the computer, or sleeping
- Eat or drink too much

Stress and You

Ask: Please take a moment and think about stress and how it affects your life.

1. How often do you feel stressed?

- ❑ Often
- ❑ Sometimes
- ❑ Seldom

2. How do you know you are stressed? Describe what happens.

3. List some of the things that are making you feel stressed right now.

4. What are some ways you deal with the stress in your life?

5. Which of these ways of dealing with stress do you think are negative or unhealthy?

6. Which of these ways of dealing with stress do you think are positive or healthy?

Take Charge of Your Response to Stress

Here are some tips for how to respond to stressful situations.

- ☑ **Practice saying "No."** Try to say "yes" only when something is important to you.
- ☑ **Share some of your work or responsibilities with others.** Ask a co-worker to help you with a project, or ask a friend or family member to help out with a household task.
- ☑ **Take charge of your time.** Organize your time, and make schedules that are realistic.
- ☑ **Make a "To-Do" list at** the beginning of each day and label items: "A" (most important), "B" (important, but can be put off for a while), or "C" (not time-sensitive, can be put off).
- ☑ **Combine errands.** Go to the drug store and post office in one trip. Double recipes when you cook, and freeze the other half to enjoy later.
- ☑ **Use problem solving:** Describe the problem in detail → brainstorm your options → pick one option to try → make an action plan → try it → see how it goes.
- ☑ **Plan ahead.** Think about the kind of situations that are stressful for you. Plan for how to handle them or work around them. Don't put important things off – plan for how you can address them.
- ☑ **Keep things in perspective.** Think of all the good things in your life, and try to maintain a positive attitude.
- ☑ **Reach out to people.** Find comfort and support in others.
- ☑ **Focus on wellness.** Eat healthy food, get adequate sleep, practice relaxation techniques (such as meditation or prayer), be physically active, and laugh often.
- ☑ **Find healthy ways to respond to stress.** Learn to identify stress as early as possible. Take a 10 minute "time out" to pamper yourself, be active, or try a relaxation technique.

Strategies for Saving Time with Physical Activity

Ask: What are some "time savers" that you could add to your physical activity routine?

Save time getting motivated to do physical activity:

- ✓ Set an alarm; when the alarm goes off, go!
- ✓ Have a friend or family member meet you at a regular time
- ✓ Ask a friend or family member to call you to remind you
- ✓ Join a walking club, gym, aerobics class, etc.
- ✓ Other ideas:

Save time getting ready:

- ✓ Keep your exercise shoes and clothes in the car or at your office
- ✓ Set out your exercise gear the night before
- ✓ Choose a place to get physical activity that is close to your home or work
- ✓ Other ideas:

Save time by combining physical activity with other tasks or opportunities:

- ✓ Use a 10-minute break during the day to take a brisk walk
- ✓ Ride an exercise bike while you watch the news or listen to a book on tape
- ✓ Walk and talk with friends or family members
- ✓ Walk, run, or bike in a community event that benefits a good cause
- ✓ Walk or bike to work, or to the store for errands
- ✓ Take your child for a brisk walk in a stroller
- ✓ Take up an active hobby (dancing, swimming, ice or roller skating, hiking, etc.)
- ✓ Mow the lawn or shovel snow for an elderly neighbor
- ✓ Other ideas:

Save time after being physically active:

- ✓ Be physically active right before the time when you would be showering anyway (such as first thing in the morning or in the evening)
- ✓ Other ideas:

Make Time to Relax

Present: There are several relaxation techniques that help reduce stress. These techniques bring on the "relaxation response" where your body enters a state of calmness.

Using these relaxation techniques can help reduce stress and tension, lower blood pressure and blood glucose, relieve tension, and improve sleep. Learning to deal with stress in a positive manner can help you to greatly improve your health!

Relaxation Technique: Belly Breathing

Good breathing habits can quiet your mind and relax your body. It is not uncommon to think that breathing just involves your lungs, but actually proper breathing focuses on the belly. Proper breaths are slow and deep and fill the **belly**, not the chest. This is how newborn babies and sleeping adults breathe.

Follow these steps to practice proper belly breathing.

Practice Belly Breathing

1. Lie down or sit comfortably. Bend your knees, with your feet on the floor about eight inches apart. Make sure your spine is straight.
2. Now put one hand on your belly. Put the other hand on your chest. Breathe in slowly and deeply through your nose.
3. Gently press down on your belly as you breathe out your nose. Let your belly push your hand back as you breathe in. Let your chest move just a little, as it should follow the movement of your belly.

Use belly breathing when you notice yourself getting tense. Once you have learned the technique, you can do it while sitting or standing. Try it while you are stuck in rush hour traffic or waiting in line at the grocery store – you will be surprised what a difference it can make!

Make Time to Sleep

Present: We all know that sleep is important in helping you feel your best, yet one in three Americans suffers from sleep deprivation.

Getting Enough ZZZs: How much is enough?

Not everyone needs the same amount of sleep. On average, people need 7 ½ - 8 hours of sleep, yet the range for how many hours different people need is 5 – 10 hours per night. People who sleep less than 4 hours or more than 9 hours per night tend to have a higher risk of disease and death.

***Sleep on this*: the benefits of adequate sleep**

- According to the Centers for Disease Control and Prevention (CDC), not getting enough sleep is associated with the onset of many chronic conditions, including type 2 diabetes, cardiovascular disease, obesity, and depression. Not getting enough sleep may make these conditions difficult to manage, and might actually make them worse. Getting enough sleep is recognized as an essential part of chronic disease prevention and health promotion.
- Getting enough sleep helps with weight management. Sleep helps to regulate several hormones associated with metabolism, appetite, and weight gain.
- Research suggests that people who engage in regular physical activity fall asleep faster, sleep for a longer time, and spend less time awake during the night.

Adequate sleep is a major element of coping with stress. People are better able to deal with stressors during the day if they have had enough sleep. Being well-rested can make it easier to build healthy behavior change.

Sleep Savers vs. Sleep Stealers

DO the following to IMPROVE SLEEP	☑ Go to bed when you are sleepy, not before. ☑ Get out of bed if you are not asleep after 20 minutes. Find something else to do that will make you feel relaxed; once you are relaxed go back to bed. ☑ Begin rituals that help you relax each night before bed, such as reading, a warm bath, or soothing music. ☑ Keep a regular schedule of getting up and going to bed at approximately the same time every day. ☑ Avoid caffeine after lunch. ☑ Limit or avoid alcohol and nicotine within six hours of your bedtime. ☑ Go to bed when you are not hungry or overly full. ☑ Avoid vigorous physical activity within six hours of your bedtime. ☑ Avoid sleeping pills, or use them cautiously. ☑ Make your bedroom quiet, dark, and a little bit cool.
Be aware of the following SLEEP STEALERS	☑ Stress and depression ☑ A bed partner with sleep problems, such as insomnia, sleep apnea, or loud snoring ☑ Arthritis, hormonal shifts (e.g., menopause), asthma, sleep apnea, pain ☑ Some medications

Make Time to Laugh

Present: A growing number of health care professionals are saying that a laugh a day may help keep the doctor away! Yes, you read that correctly – humor and laughter can cause a domino effect of joy and delight, as well as set off a number of positive health benefits.

A good laugh can help:

- ✓ Reduce stress
- ✓ Boost immune system
- ✓ Lower blood pressure
- ✓ Lower blood glucose levels in people with type 2 diabetes
- ✓ Protect the heart
- ✓ Elevate mood

In addition, laughing can even help you lose weight! Laughing out loud for 10-15 minutes a day burns 10-40 calories, depending on a person's body weight. This translates to laughing away about four pounds a year, and every bit counts!

Ask: What are some ways you can add laughter to your day?

Ways to add laughter to your day

- ➢ Call or visit a friend, family member, or co-worker who can make you laugh
- ➢ Find a funny movie, sitcom, or comedian on TV
- ➢ Invite friends over to play a silly game
- ➢ Ask a child to tell you a funny story or joke – if they start laughing, chances are you will too
- ➢ Go to a comedy club
- ➢ Try laughing yoga

To-Do: How Do I Spend My Time?

Complete this worksheet at home to determine how you are spending your time, and as a guide for how you can better manage your priorities.

How I spent my time:	SUN	MON	TUES	WED	THU	FRI	SAT
Sleep							
Work (include commute)							
Physical activity							
Food-related (include shopping, meal planning and preparation, packing lunch, eating, time at restaurants, self-monitoring)							
Household tasks (include yard work, home and car maintenance, shopping other than grocery, laundry, bills, chores, kids' activities)							
Personal care (include showering, dressing, grooming)							
Social time with family and friends							
Sedentary activity (include TV, reading, movies, computer)							
Community (include church, volunteer work)							
Other:							
TOTAL HOURS (24):							

To-Do: What Will You Do With Your Extra Time?

Ask: Now that you have a better idea of how you spend your time and how you make adjustments, what will you do with the "extra" time?

During the next month, I want to find more time to spend on:

During the next month, I will save time by:

Save time in general:

Save time in my eating and physical activity:

Roadblocks that might come up:

How I will handle them:

Follow Up

Notes and Homework Page

While it is fresh in your mind, use this page to write down notes about the session. Consider what worked, what you need to do differently for the next session, who you need to follow up with, information or ideas needing further research, and general concerns or issues that need to be addressed.

Lifestyle Coach Facilitation Guide: Post-Core

Heart Health

Content Overview

This session introduces the topic of heart disease, including what the disease is and its risk factors. Participants learn about how blood pressure and different kinds of cholesterol are related to heart health. Heart disease can be prevented or managed by consuming a healthy diet, being physically active, avoiding tobacco products, maintaining a healthy body weight, and regular check-ups with your health care provider.

Lifestyle Coach Preparation Checklist

Materials

- ❑ Post-core handouts:
  - What is Heart Disease?
  - What is Cholesterol?
  - What is Blood Pressure?
  - Preventing or Managing Heart Disease
- ❑ "Food and Activity Trackers"
- ❑ "Lifestyle Coach's Log"
- ❑ Balance scale

Post-Core: Heart Health

Key messages to reinforce

- People with prediabetes are at higher risk for developing heart disease.
- Many risk factors for heart disease can be controlled by being physically active and eating a healthy diet.
- Aim for recommended levels of LDL and HDL cholesterol and triglycerides (have your cholesterol profile done at least every five years until age 40, then every year).

After the session

At the completion of this session, do the following:

- ❑ Use the "Notes and Homework Page" for notes and follow-up tasks.
- ❑ Distribute "Food and Activity Trackers" (4) for the following month.

What is Heart Disease?

Present: In the United States, heart disease is the leading cause of death for ***both*** men and women. People with prediabetes are at higher risk for developing heart disease. The good news is that living a healthy lifestyle can reduce your risk.

Heart disease, also known as cardiovascular disease, is a group of diseases and conditions that affect the heart (cardio) and blood vessels (vascular). Examples of heart disease include heart attack, high blood pressure, and stroke.

The **American Heart Association (AHA)** has identified the following risk factors for heart disease:

- Increasing age
- Sex (male)
- Heredity (including race)
- Smoking
- Physical inactivity
- High blood cholesterol
- High blood pressure
- Diabetes
- Obesity and overweight

Other factors related to increased risk of heart disease include stress, alcohol, and diet. The more risk factors you have, the greater your risk of heart disease.

Many risk factors for heart disease can be controlled by being physically active and eating a healthy diet.

A heart-healthy lifestyle is your <u>best defense</u> against heart disease.

What is Cholesterol?

Cholesterol is a soft, waxy substance. Your liver makes all the cholesterol your body needs each day. You also get cholesterol from animal products you eat, such as meat, fish, poultry, egg yolk, and dairy products.

Cholesterol is carried through the blood by small particles called **lipoproteins** (lipids).

There are two kinds of lipoproteins: **high-density lipoprotein (HDL)** and **low-density lipoprotein (LDL)**, and it is important to maintain healthy levels of both.

- **HDL, "good cholesterol,"** removes cholesterol from the body, thereby preventing it from building up in the arteries and protecting the body against heart disease.
- **LDL, "bad cholesterol,"** carries harmful cholesterol in the blood. High levels can lead to blockages in the arteries, thus increasing the risk of heart disease.

Remember, you want:

- ✓ **HIGH HDL**
- ✓ **LOW LDL**

Present: Your health care provider can measure your cholesterol levels and determine if they are healthy.

The main reason you want to control your cholesterol is that it can build up in the walls of arteries. This buildup is called **plaque**. Over time, the buildup of plaque can cause arteries to become narrow, a condition called atherosclerosis (ath-er-o-slker-O-sis), or hardening of the arteries. This can elevate blood pressure or cause a heart attack.

Another kind of lipoprotein that should be monitored is **triglycerides.** When you eat, your body converts any excess calories (particularly those from carbohydrates and fats) into triglycerides. The triglycerides are stored in fat cells, and are later released into the blood when the body needs energy between meals. Triglycerides are the most common type of fat in the body, and high levels may increase the risk of heart disease by contributing to the hardening of the arteries or atherosclerosis.

What is Blood Pressure?

Blood pressure is the force exerted against the walls of the blood vessels by the blood flowing through them.

Blood pressure is measured with two readings:

- **Systolic** (upper number) is the pressure against the walls of the arteries during a contraction or heart beat.
- **Diastolic** (lower number) is the pressure against the walls of the arteries during the relaxation phase (the heart is at rest).

Think of a garden hose. Water flows through the hose at a certain pressure. What happens when you hold your finger over part of the hose where the water comes out? Answer: the water comes out of the hose at a higher pressure. The same amount of water needs to flow out of the hose but since the opening is partially blocked, it flows harder and faster. This is what happens when plaque builds up in arteries: the heart has to work harder to push the blood through, and this causes high blood pressure.

Having high blood pressure increases the risk for heart disease and kidney failure. The higher the blood pressure, the greater the risk. High blood pressure is called the "silent killer" because there are usually no symptoms to warn you that something is wrong.

Preventing or Managing Heart Disease

Ask: Does anyone know how heart disease may be prevented?

The good news is that there are many things you can do to help prevent heart disease or manage it once it has developed. Below are the "Simple 7" from the **American Heart Association**:

Get active

- ☑ At least 30 minutes of moderate intensity activity on five days each week

Control cholesterol

- ☑ Eat healthy foods that are low in cholesterol, trans fats, and saturated fats, and high in fiber. Eat less than 300 mg of cholesterol each day.
- ☑ Schedule a cholesterol screening with your health care provider

Eat a healthy diet

- ☑ Eat vegetables and fruits
- ☑ Eat at least two 3.5 ounce servings of fish, preferably oily fish, a week
- ☑ Eat unrefined, fiber-rich whole-grain foods
- ☑ Eat less than 1500 mg of sodium a day

Don't smoke

Maintain a healthy body weight

Work with your health care provider to manage blood pressure

Work with your health care provider to keep blood glucose at healthy levels

Follow Up

Notes and Homework Page

While it is fresh in your mind, use this page to write down notes about the session. Consider what worked, what you need to do differently for the next session, whom you need to follow up with, information or ideas needing further research, and general concerns or issues that need to be addressed.

Lifestyle Coach Facilitation Guide: Post-Core

A Closer Look at Type 2 Diabetes

Content Overview

This session paints a picture of life with type 2 diabetes. It describes how type 2 diabetes develops, its symptoms, and how the disease is diagnosed. If diagnosed with diabetes, a person should develop a diabetes care plan with a team of health professionals that will likely include a primary care physician, a diabetes educator, a registered dietitian, and other specialists. This session explains the daily management of diabetes that is necessary to prevent long-term complications associated with the disease.

Lifestyle Coach Preparation Checklist

Materials

- ❑ Post-core handouts:
  - Symptoms of Type 2 Diabetes
  - What is Diabetes?
  - How is Diabetes Diagnosed?
  - What Would My Medical Care be Like?
  - How Would My Life at Home Change?
  - Conditions and Complications Related to Diabetes
- ❑ "Food and Activity Trackers"
- ❑ "Lifestyle Coach's Log"
- ❑ Balance scale

Post-Core: A Closer Look at Type 2 Diabetes

Key messages to reinforce

- According to the Centers for Disease Control and Prevention (CDC), there are approximately 26 million people in the United States with diabetes (2011).
- If you are diagnosed with type 2 diabetes, you and your doctor will develop a diabetes care plan. It would be recommended that your team of health care providers include: a primary care physician, a diabetes educator, a registered dietitian, a pharmacist, and other specialists as needed.
- We know that keeping blood glucose levels and other values, like blood pressure, lipids, etc. are important in preventing the long-term complications. Your doctor should provide a target range for you in each of these areas.
- There are symptoms and complications associated with uncontrolled diabetes. These can range from short-term to long-term problems.
- To reduce complications related to diabetes, you should try to maintain blood glucose levels within a given range, take prescribed medications as necessary, and develop a nutrition and physical activity plan.

After the session

At the completion of this session, do the following:

- ❑ Use the "Notes and Homework Page" for notes and follow-up tasks.
- ❑ Distribute "Food and Activity Trackers" (4) for the following month.

Symptoms of Type 2 Diabetes

Present: Throughout the lifestyle intervention, we have spent a lot of time focusing on prediabetes and how type 2 diabetes can be prevented or delayed. This session will switch gears and provide information on type 2 diabetes and how it can impact life physically and emotionally.

According to the Centers for Disease Control and Prevention (CDC), there are approximately 26 million people in the United States diagnosed with diabetes in 2011, and there is support available to assist and guide people in managing the disease. There is also evidence to suggest that keeping blood glucose levels within a good range can prevent the complications of diabetes.

What are the Symptoms of Diabetes?

The symptoms of diabetes can vary, ranging from mild to severe, or symptoms can even be absent. The most common symptoms include:

- Increased thirst
- Increased hunger
- Fatigue
- Increased urination, especially at night
- Weight loss
- Blurred vision
- Sores that do not heal

For people with type 2 diabetes, symptoms generally develop gradually. Many people do not find out they have type 2 diabetes until they develop a complication from the disease, such as problems with their vision or heart trouble. Often, a person can have the disease for many years before it is diagnosed.

What is Diabetes?

In order to describe diabetes, it is important to understand how the body processes and uses food. Each time we eat food, our bodies go through a process that changes the food into energy that our bodies can use for daily activity.

The food we eat is broken down by our bodies into "glucose."

> **Glucose** is what fuels the cells in our bodies. Glucose from the food is carried from the blood to cells throughout the body. Glucose, however, is not automatically absorbed by cells.
>
> **Insulin** is required to "unlock" the cells and allow the glucose to be changed into energy.

If there is not enough insulin or if the body does not use insulin properly (a condition known as **insulin resistance**), then glucose is not able to get into the cells. As a result, glucose builds up in the bloodstream (high blood sugar).

There is no cure for diabetes. Properly managing the disease requires lifestyle changes and medication. When diabetes is not controlled, glucose builds up in the blood and can cause damage to vital organs.

There are two types of diabetes. In **type 1** diabetes a person's body does not make enough insulin to help move glucose into the cells for energy. In **type 2** diabetes a person's body does not use insulin effectively and over time will not make enough insulin. Type 1 diabetes typically happens to people under the age of 30 and cannot be prevented. Type 2 diabetes can be prevented.

How is Diabetes Diagnosed?

Testing for diabetes and prediabetes should be done by a health care provider. There are currently three tests that can be done.

Fasting plasma glucose (FPG)
This test measures for impaired fasting glucose (IFG); a person's blood glucose is measured first thing in the morning following an eight-hour fast.

Fasting blood glucose levels:

- **Normal**: below 100 mg/dl (milligrams per deciliter)
- **Prediabetes**: between 100 and 125 mg/dl
- **Diabetes**: 126 mg/dl or above

Oral glucose tolerance test (OGTT)
This test measures for impaired glucose tolerance (IGT). A person's blood glucose is measured after an eight-hour fast and again two hours after drinking a glucose-rich solution.

Levels measured two hours after drinking the solution:

- **Normal:** below 140 mg/dl
- **Prediabetes**: 140-199 mg/dl
- **Diabetes**: 200 mg/dl or above

Glycated Hemoglobin (HbA1c)
Blood test measures a person's average glucose level over an eight to twelve week period before the administration of the test. Blood is drawn from a person's arm; fasting is not necessary.

HbA1c levels:

- **Normal:** HbA1c below 5.7%
- **Prediabetes**: HbA1C 5.7 – 6.4%
- **Diabetes**: HBA1C 6.5% and above

What Should My Medical Care be Like?

If you are diagnosed with diabetes, you and your doctor will work out a diabetes care plan and build a team of health care providers to give you the care and information that you will need to safely and effectively manage the disease.

Primary Care Physician	Your first visit with your physician would include a physical examination, medical history, and blood and urine tests. Follow-up visits to your physician shoul happen regularly.
Registered Dietitian	Meeting with a registered dietitian who is trained in diabetes management is important. The dietitian would teach you about how different foods affect your blood glucose levels and get you started on a healthy eating plan (if you aren't already maintaining those practices).
Diabetes Educator	A diabetes educator is trained to help people with diabetes learn to self-manage their disease. A diabetes educator can be a nurse, dietitian, pharmacist, or other health care provider. Your doctor should give you a referral for a diabetes education visit.
Specialists	Diabetes can cause problems with blood vessels and nerves. This can lead to problems with blood flow to the heart, eyes, kidneys, legs, and other organs. You should talk to you doctor about making sure that you have visits with specialists as needed.
YOU	You are the most important person in managing your diabetes. Diabetes management and control starts with proper self-care. You should seek every resource to learn as much as you can about your diabetes. Knowledge is power!

How Would My Life at Home Change?

The cornerstone of diabetes care is managing your daily lifestyle. To reduce complications related to diabetes, you should try to maintain proper blood glucose, blood pressure and lipid levels, take prescribed medications, and develop a nutrition and physical activity plan.

Blood Glucose Levels	You will need to test your blood glucose levels as determined by your physician. Your doctor will give you a target range for your blood glucose levels.
Physical Activity	It is recommended that you get at least 30 minutes of physical activity five days a week. Physical activity helps maintain proper glucose levels, helps you lose or maintain weight, and contributes to a healthy heart. You should talk with your physician before starting your activity plan.
Medications	People with diabetes may need to take medications to help control blood glucose levels.

Conditions and Complications Related to Diabetes

There are symptoms associated with high and low blood glucose levels:

Hyperglycemia (High Blood Glucose): Hyperglycemia is when your blood glucose levels are too high and your body is not using its insulin properly. High blood sugar levels can lead to the development of long-term complications.

Hypoglycemia (Low Blood Glucose): Hypoglycemia is when blood glucose levels drop or fall below the normal range. Some of the symptoms of hypoglycemia include dizziness, headache, shaking, and irritability.

There are long-term complications associated with diabetes:

Heart Disease and Stroke: Blood vessel problems are related to uncontrolled diabetes. This can lead to heart disease and stroke. To lower the risk of complications from diabetes, remember the ABC'S:

A: A1c (a measure of blood glucose level); **B: Blood pressure**;
C: Cholesterol S: **Smoking Cessation** (if you smoke)

Kidney Disease: Blood vessel problems can also lead to kidney disease. Problems arise when the kidneys have to work extra hard to filter the excess glucose in the blood. Over time, this damage can lead to kidney failure. Kidney failure is a serious and life threatening problem,
so proper control of blood glucose levels and blood pressure are vital for kidney health.

Foot Complications: Blood vessel and nerve problems can affect blood flow to the feet and legs. Good blood glucose control and proper foot care can prevent problems leading to ulcers, circulation, and nerve problems, and amputation.

Eye Complications: People with diabetes are at a higher risk of developing retinal/eye problems. Complications include glaucoma (damage to the optic nerve), cataracts (cloudy area in the lens), and retinopathy (general term for disorders of the retina).

Follow Up

Notes and Homework Page

While it is fresh in your mind, use this page to write notes about the session. Consider what worked, what you need to do differently for the next session, whom you need to follow up with, information or ideas needing further research, and general concerns or issues that need to be addressed.

Lifestyle Coach Facilitation Guide: Post-Core

Final Session: Looking Back and Looking Forward

Content Overview

This session reemphasizes that making lifestyle changes involves an on-going process of "looking back" at old ways of doing things and "looking forward" toward new approaches for lifestyle change. This session highlights the difference between "old" and "new" ways of thinking. It also provides insight on what helped members of the National Weight Control Registry lose weight and maintain their weight loss. Participants set long-term goals for weight, physical activity, self-monitoring, and seeking support from others. The session concludes by participants reflecting on their healthy lifestyle story as a result of being a part of the National Diabetes Prevention Program lifestyle intervention.

Lifestyle Coach Preparation Checklist

Materials

- ❑ Post-core handouts:
  - How Do Successful Weight Losers Think?
  - What Does the Research Say?
  - What's Next?
  - To Lose or Maintain – That is the Question
  - Physical Activity – The Next Step
  - Long-Term Goals
  - What's Your Story?
- ❑ "Food and Activity Trackers"
- ❑ "Lifestyle Coach's Log"
- ❑ Balance scale

Post-Core: Looking Back and Looking Forward

Key messages to reinforce

- For many people, the "new" thinking that supports lifestyle change is characterized by honest self-awareness, personal responsibility for behavior change, a willingness and openness to figuring out what works for them, and persistence in the face of lapses.

- Research has shown that successful weight losers have several characteristics in common, including weighing themselves more than once a week; having a plan for getting back on track when regain occurs; and regular eating patterns.

- The best predictor of weight maintenance is regular physical activity.

- Setting long-term goals is important to the continued maintenance of lifestyle change.

After the session

At the completion of this session, do the following:

- ❑ Use the "Notes and Homework Page" for notes and follow-up tasks.

- ❑ Distribute a supply of "Food and Activity Trackers" for use by participants following the program. *(Optional)*

Looking Back and Looking Forward

Present: As we have discussed, making lifestyle changes for weight management involves an on-going self-review process. This means "looking back" (at old habits or ways of thinking) and "looking forward" (to new approaches for lifestyle change).

For many people, the "new" thinking is characterized by honest self-awareness, personal responsibility for behavior change, a willingness and openness to figuring out what works, and persistence in the face of lapses.

Ask: What were some old "thinking traps" that you fell into in the past that got in the way of healthy lifestyle change?

Discuss: The different categories of old thinking vs. new thinking on **How Do Successful Weight Losers Think?**

Ask: Participants to identify (and share examples of) the ways in which they have been able to move away from "old" thinking and work toward "new" and more useful approaches.

How Do Successful Weight Losers Think?

OLD Thinking	NEW Thinking
Trying to fool themselves *Keeping track of my food intake won't help me lose weight – my eating habits are healthy enough.*	**Being honest with themselves** *Keeping track of my intake allows me to know exactly how much I am eating and helps me prevent overeating.*
Looking for a "magic" cure *I am going to keep trying diet pills until I find one that works for me.*	**Recognizing that behavior change takes hard work and persistence** *By slowly lowering my caloric intake and making physical activity part of my daily routine, I can lose weight at a safe rate of one to two pounds per week.*
Looking for a "cookbook" approach that applies to everyone *I think I just need to eat more protein – people seem to lose a lot of weight on those high-protein diets.*	**Fitting the tried-and-true ways of losing weight into their own lifestyle** *My physical activity routine is simple. I walk. I park at the back of the parking lot at the office, and walk during breaks and lunch.*
Looking for someone else to fix their weight problem or take the blame for it *I'd like to eat healthier, but my kids wouldn't eat healthy foods.*	**Taking "lonely responsibility" for doing what needs to be done** *My family's health is important, so I made the decision to make healthier choices for the entire family. Even if they don't always like it – they'll thank me later!*
Thinking of weight loss as an end in itself *If I could just lose 25 pounds, I'd be happy.*	**Thinking of weight loss as part of an overall process of learning about themselves and their priorities** *I realized that I needed to make an immediate and permanent change in my eating habits, because I want to be around to know my grandchildren.*

Post-Core: Looking Back and Looking Forward

OLD Thinking	NEW Thinking
Being afraid to fail or punishing themselves when they do fail *I've lost weight in the past and always gained it back. Why bother trying again?*	**Being willing to make mistakes, learn from them, and try again** *Over the years, the weight I lost gradually came back. I took a fresh look at my eating and physical activity and was able to lose the extra weight.*
Wanting to do it perfectly right away *I want to lose those 20 pounds now, not wait weeks or months to see the results.*	**Being willing to settle for "small wins" and building on the positive, one step at a time** *Some day I'd like to be able to walk a full mile, but for now I praise myself for walking to the end of the block and back.*
Seeking approval or forgiveness from others *Last time I lost some weight no one noticed, so I lost my motivation and gained the weight back.*	**"Owning" their successes and mistakes** *I gained weight because I wasn't taking care of myself, and now I am doing something about it.*
Relying on willpower, control, or discipline *I just don't go anywhere or do anything where there might be high-fat food offered – it's too much of a risk.*	**Making choices one at a time, being flexible, and trusting themselves** *I still enjoy going to parties and out with friends; I just watch my portion size, try to make healthy choices, and enjoy a treat once in a while.*
Blaming themselves or seeing the needs of others as more important than their own *I'm just not strong enough to change my eating habits.*	**Maintaining a healthy self-interest** *I feel better than ever, have more energy, and am enjoying life. I'm worth it.*

What does the Research Say?

The **National Weight Control Registry** is a research study of over 3,000 adults who have lost at least 30 pounds (the average weight loss is 70 pounds per person) and maintained that weight loss for at least one year.

Here are some facts about these "weight losers":

- Weight losses have been maintained for five years, on average.
- Over 90% had tried many times to lose weight before achieving success.
- When asked about how their lives had changed, 95% reported an improvement in the overall quality of their lives, about 92% said their energy level and ability to move around improved, and 91% reported decreases in depressive symptoms.

The majority of the "weight losers" said they changed both their eating habits and their physical activity to lose weight.

- The three most common dietary changes included limiting sugary and fatty foods, eating smaller portion sizes, and keeping track of calories.
- They averaged about 60 minutes of moderate physical activity each day, usually walking.

The majority of the "weight losers" reported other regular behaviors:

- Weighing themselves more than once a week
- Having a plan for getting back on track when regain occurs
- Regular eating patterns and rarely skipping breakfast
- Eating out no more than three times a week, and fast food no more than once a week
- Watching less than 10 hours of TV per week
- Consistent patterns of eating with little splurging on weekends or holidays

National Weight Control Registry: www.nwcr.ws/

What's Next?

Present: Many participants have had success in the lifestyle intervention by making healthy changes in eating and physical activity behaviors, and have lost weight as a result. Now that you have completed the lifestyle intervention, what is next?

How much weight have you lost?	Have you reached your weight loss goals that you set at the beginning of the program? *You can greatly lower your risk of developing type 2 diabetes by losing 7% of your body weight and maintaining that loss for a lifetime.*
How close are you to your ideal or goal weight?	Find your current weight on the Body Mass Index (BMI) chart at the end of your session materials. BMI is a ratio between weight and height that suggests the amount of body fat. A BMI of 19 – 24 is generally accepted as the healthiest range. Recent data suggest that a BMI of 25 – 26 is associated with some health risks; as BMI increases to 27 and above, the risks to health tend to be greater.
What is a realistic weight for you?	You may decide to aim for a weight at lower BMI, but is this weight practical? Have you ever weighed this amount since you have been an adult?
Are you willing to make the lifestyle changes required to reach this target weight?	In order to reach the new weight, you may need to further adjust your calorie and fat gram intake, and increase physical activity. Remember that the real health benefits come from *maintaining* weight loss, not just reaching a certain weight.

To Lose or Maintain – That is the Question

If you want to <u>continue to lose</u>…

If your weight has stayed the same for a period of several weeks or even months (fluctuating no more than two to four pounds) and you want to continue your weight loss, it is time to ask yourself several important questions:

- ☑ Am I keeping track of my food intake accurately?
- ☑ Based on my current weight, am I limiting my calories enough to produce weight loss?
  - ➢ Remember to subtract 500-1,000 calories per day for a one to two pound weight loss per week (but remember never go below 1,200 calories per day).
- ☑ Am I keeping my fat intake to 25% of my total calories?
- ☑ Am I being physically active at least 150 minutes per week?

If the answer to any of these questions is "no," then it is time to adjust your approach. If you would like to "jump-start" your weight loss, then you must recommit to each of these four critical behaviors.

If you want to <u>maintain</u>…

Maintaining your weight is an important goal in itself.

- ☑ Weigh yourself at least one time a week. This way you know exactly where your weight is, and you will be aware if the pounds start creeping back.
- ☑ Set a new calorie goal.
  - ➢ Experiment with adding 200 calories a day (one extra serving or snack per day), and watch what happens on the scale. Use your self-monitoring to figure out what level of calories allows you to maintain your weight.

Physical Activity – The Next Step

Present: It is also important for you to evaluate your current physical activity routine and make plans for the future. Remember, the best predictor of successfully keeping weight off is physical activity!

Consider the following points as you look at your physical activity program:

Where are you now?

Look back over your progress during the entire program, using your "How Am I Doing? Physical Activity" chart. How many minutes did you achieve at the beginning? How many minutes are you regularly achieving now?

Can you increase the level of your physical activity?

You can increase the level by adding more minutes of physical activity, or you may want to increase the intensity of your activity. For example, you could change from walking to speed walking (or even jogging) to burn extra calories.

Can you become more consistent?

We all feel great when we have a week filled with physical activity. Yet even more important than having a good week is maintaining an active routine on a long-term basis. Are there weeks when you aren't physically active at all, or only on a few days? Are you more consistent now than you were at the beginning of the program? Try to make physical activity something you do on most days of the week.

Plan to spend the time that you have set aside for National Diabetes Prevention Program sessions by focusing on your healthy behaviors.

For a whole year you have made a vow to attend sessions on either a weekly or monthly basis. This has been a regular date with yourself! Keep your pledge and plan to boost your healthy eating, self-monitoring, and physical activity level each week.

Long-Term Goals

Present: We have spent a lot of time over the last year focusing on setting and monitoring goals (weight, fat gram, calorie, physical activity, etc.). It is now time to decide on some long-term goals that will work for you.

Long-Term Goals
Long-Term Weight Goal: **Long-term fat gram goal:** **Long-term calorie goal:**
Long-Term Physical Activity Goals: **Activities to do:** **Minutes/week:**
Long-Term Self-Monitoring: **I will weigh myself _____ times(s) per _____** **I will track fat grams (and calories) using:** **I will record physical activity using:**
Getting Support from Other People: List up to three specific people (family, friends, co-workers) you might ask to support your lifestyle change. Try to be specific – what might you ask each person to do (e.g., walk with you at lunch, support you in making some specific change in how you eat)? **Who?** **What:** **Who?** **What:** **Who?** **What:**

What's Your Story?

Present: Now that you have completed the National Diabetes Prevention Program *Lifestyle Intervention,* take some time to reflect on your healthy lifestyle story.

What words of wisdom can you share with others who learn they are at risk for type 2

What did you find most helpful during those moments in the program when you felt

Write a message to yourself for the future. What do you want to tell yourself about this

Follow Up

Notes and Homework Page

While it is fresh in your mind, use this page to write down notes about the session. Consider what worked, what you need to do differently in future sessions, whom you need to follow up with, information or ideas needing further research, and general concerns or issues that need to be addressed.

Body Mass Index (BMI)

To locate your BMI, first find your height along the left column. Then find your weight within your height row. The BMI number at the top of the column your weight is in is your BMI.

The title of the column tells you your BMI category (normal, overweight, obese, extreme obesity).

- **Normal:** 19 – 24
- **Overweight:** 25 – 29
- **Obese:** 30 - 39
- **Extreme obesity:** 40 – 54

Body Mass Index Table

	Normal						Overweight					Obese										Extreme Obesity														
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
Height (Inches)							**Body Weight (pounds)**																													
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443

Source: Adapted from *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report*, National Institutes of Health, 1998.

Note: BMI may not be accurate for all people, such as people younger than 20 years old, athletes (who have lots of muscle mass), and older adults (who have lost muscle mass). The BMI chart is also different for Asian Americans.

Post-Core Session Schedule

Meeting Location _____

Session Date	Session Time	Session Title

Your Lifestyle Coach's name: _____

Phone number(s): _____ Best time to call:_____

Email:_____

Phone number of meeting site: _____