

Lifestyle Coach Facilitation Guide: Core

Session 16: Ways to Stay Motivated

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Background and Preparation

Preparation Checklist

Materials

These are the materials you will use during Session 16.

- Participant handouts for Session 16:
 - Session 16 Overview
 - Progress Review
 - Ways to Stay Motivated
 - A Plan for Staying Motivated
 - To Do Next Week
- “Food and Activity Trackers” for Session 16
- Lifestyle Coach’s Log
- Name tags or tents from previous weeks, if still needed
- Flip chart or chalk board supplies
- Balance scale

Preparation Checklist

Before you begin _____

- Review the notes on each participant's progress since Session 1. Look at the percentage of weight lost and the level of achievement toward goal. Note what plans each participant made to increase weight loss and activity level, which strategies he or she used, and which were successful or unsuccessful. If some participants are not at goal for weight loss or activity, refer to the *Lifestyle Coach Training Manual* and the text for the previous 15 sessions for ideas about how to address particular problems.
- If you have copies of each participant's "Food and Activity Tracker", review them also. Note some of the positive changes each participant made.
- Have your Lifestyle Coach's Log ready for weigh-ins.
- Choose a private place to weigh participants.
- Prepare Session 16 handouts to distribute at the start of the session.
- If still needed, prepare name tags or set up the classroom with name tents from the previous week.
- Flip chart or chalk board supplies
- Balance scale

Lifestyle Coach Brief

Learning objectives

At the close of this session, the participants will be able to –

- Measure their progress toward weight and physical activity goals since Session 1.
- Develop a plan for improving progress, if their goals have not yet been attained.
- Describe ways to stay motivated long-term.

Session 16 overview

Wrap up the core phase of the program by evaluating each participant's progress and helping each of them to come up with ways to stay motivated as they continue with the post-core phase of the program. Participants spend time reflecting on why they chose to be a part of this lifestyle intervention and how far they have come since the program began.

Session 16 is divided into four parts:

Part 1: Weekly Progress and Review (10 minutes)

Weigh participants privately, and then lead a brief review of the information covered in Session 15. Discuss participants' successes, challenges, and questions since the group last met.

Part 2: Review of Goals and Accomplishments (20 minutes)

Ask participants to reflect on their accomplishments during the last 16 weeks. Review each participant's progress toward goals since Session 1, and recommend ways that those who have not met their goals can continue to work toward achieving them.

Part 3: Staying Motivated (20 minutes)

Focus on helping participants find ways to stay motivated. Give them a comprehensive list of suggestions for staying motivated, and ask them to choose the strategies that work best for them.

Session 16: Ways to Stay Motivated

Part 4: Wrap Up and To-Do List (10 minutes)

Using the tools and information provided during the 16 sessions, help participants build a plan for staying motivated as they move into the post-core phase of the program.

Key messages

- You accomplished great things and took important steps toward a healthier way of life and preventing type 2 diabetes.
- Although you finished the first 16 sessions, the weight loss and physical activity goals remain in place for the rest of this program.
- The post-core program sessions will help you come up with strategies for staying on course toward your weight and activity goals, if you have not yet reached them. Or they will help you maintain for life your new weight and level of activity, if you have already reached your goals.
- Staying motivated is crucial to maintaining healthy eating and physical activity for the long term, but staying motivated is one of the biggest problems people face.
- Keep sight of your successes and progress so far. Knowing what you *can* do helps keep you motivated to continue.

Classroom Presentation

Part 1: Weekly Progress and Review

Estimated time: 10 minutes

Weigh-In	Notes
<p>Weigh participants privately, and have them record their weight on their “How Am I Doing? Weight” chart.</p> <p>Record participants’ weight and physical activity in the Lifestyle Coach’s Log.</p> <p>Distribute:</p> <ul style="list-style-type: none">• Session 16 handouts to insert into the Participant Notebooks.• Session 16 “Food and Activity Trackers.”• Session 14 “Food and Activity Trackers” with your notes. <p>Collect: Session 15 “Food and Activity Trackers.”</p>	
Week in Review	Notes
<p>Ask: Did you have any trouble keeping track last week? Were you able to stay within your fat gram and calorie budget and reach your goal for physical activity?</p> <p>Open responses.</p> <p>Ask: How are you feeling this week about your goals and your progress in general?</p> <p>Offer assistance graphing physical activity and weight, if needed.</p>	

Session 16: Ways to Stay Motivated

Present: Last week, we talked about ways to prevent or cope with stress, including stress related to your expectations and efforts in making healthy lifestyle changes (e.g., tracking your eating and physical activity). We looked at ways to manage stressful situations and came up with a plan to work on preventing or coping with stressful situations during last week.

Ask: Were you able to follow your action plan to prevent or cope with one source of stress?

Open responses.

Address any questions or difficulties, and praise all progress.

This Week

Notes

Present: You have reached Session 16 of the core phase of the National Diabetes Prevention Program. You accomplished great things: you took important steps toward preventing type 2 diabetes and living a healthier life.

CONGRATULATIONS!

This week we will –

- Discuss your many accomplishments since Session 1 and your progress toward your goals.
- Talk about ways you can stay motivated as you continue your journey toward long-term healthy living.
- Go over our next steps: what to do from this point onward.

Session 16: Ways to Stay Motivated

Part 2: Review of Goals and Accomplishments

Estimated time: 20 minutes

Progress Review	Notes
<p> Note to Lifestyle Coach</p> <p>As you congratulate participants for completing the core phase of the lifestyle intervention, briefly mention a personal accomplishment of each one (e.g., a particular contribution to the group, a special effort when success seemed uncertain).</p> <p>Present: Keep in mind that, although you finished the first 16 core sessions, the weight loss and physical activity goals remain in place for the rest of this lifestyle intervention program.</p>	
<p> Note to Lifestyle Coach</p> <p>If some participants have not reached their goals, emphasize the importance of their continuing to work toward reaching the goals. Explain that participants will continue to work with a group for the next 6 months.</p> <p>To participants who reached both goals, emphasize the importance of maintaining their weight and level of activity and of setting themselves new goals for the next 6 months.</p>	
Progress Review	Notes
<p>Present: Today we are going to talk about how to stay motivated for the long term and how to make your commitment to healthy eating and physical activity last for a lifetime. But first, let's review your progress since the beginning of the program.</p> <p> Refer participants to the "Progress Review" handout in the Participant Notebook.</p>	

Session 16: Ways to Stay Motivated

Ask: What are some of the major changes you made to be more active?

Open responses.

Present: Take a minute to write down these changes on the handout. Include both what you do to reach your daily activity goal (that is, the activities you record) and what you do to be more active in general (the lifestyle activity that you do not record, such as taking the stairs instead of an elevator).

Ask: What changes did you make to eat less fat and fewer calories?

Open responses.

Present: Write the changes in your eating habits on the handout.



Note to Lifestyle Coach

Praise participants for the changes, and encourage them to keep them up.

Ask: Have you reached your weight goal? What about your activity goal?



Refer participants to the “How Am I Doing?” charts for weight and physical activity.

Present: Let’s take a look at the charts and see where you are. Check the boxes on the “Progress Review” handout to indicate whether or not you achieved your goals set at the beginning of the program.

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If you have not met your weight and activity goals, take a couple of minutes to think about, and write down, what you can do to improve your progress. If you have met your goals, choose new goals for the next 6 months. For example, do you want to continue losing weight, or do you want to maintain your present weight? Do you want to increase your activity level? Or do you just want to maintain your current level?



Note to Lifestyle Coach

Whether or not participants are at goal for weight loss and physical activity, praise the progress they made.

Encourage participants to increase their level of activity, continue losing weight, or maintain their goal weight. Ask them to write a plan for doing so on the “Progress Review” handout.

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Part 3: Staying Motivated

Estimated time: 20 minutes

Importance of Staying Motivated

Notes

Present: Motivation is crucial to maintaining healthy eating and physical activity for the long term, but staying motivated is one of the biggest problems people face.

Sometimes staying motivated is difficult just because we are doing well. This is ironic – our progress itself makes it hard to *maintain* that progress. But think back to when you first joined the program.



Note to Lifestyle Coach

Tailor the following examples to the individual participant's experience in the program so far.

You may have felt tired when you went up stairs, motivating you to become more active. Now that you are more active, you can climb stairs without difficulty.

This means that your source of motivation – feeling tired when you climbed stairs – is gone.

It is the same for weight. When you first came to the program, your clothes may have been tight, motivating you to lose weight. If your clothes are looser now, you no longer have tight-fitting clothes as a source of motivation.

Ways to Stay Motivated

Notes

Present: However, it *is* possible to stay motivated for the long term, and as we discussed, staying motivated is important to maintaining healthy eating and regular activity.



Refer participants to the “Ways to Stay Motivated” handout in the Participant Notebook.

Session 16: Ways to Stay Motivated

Present: Here are some tactics that other people found helpful for staying motivated.

1. Stay aware of the goals you've already reached and the goals you plan to reach.
2. Recognize your successes.
3. Keep visible signs of your progress.
4. Keep track of your weight, eating, and activity.
5. Add variety to your routine.
6. Identify additional strategies.
7. Create some friendly competition.
8. Remember, slips are normal.
9. Look to others for help in staying motivated.

Let's look at each tactic in detail.

Tactic #1: Stay aware of the goals you've already reached and the goals you plan to reach.

Again, think back to when you first joined the program. What did you hope to achieve?



Refer participants to the "Remember Your Purpose" handout in the Participant Notebook (Session 1).

Present: Take a moment to look at this handout. Think back to when you first started the program. Now, think about where you are now. You came a long way. And, as you move on, continue to practice the three important principles of this program: 1) recognize success, 2) self-monitor, and 3) seek support.

Ask: How do you think these three principles contributed to your progress?

Session 16: Ways to Stay Motivated



Note to Lifestyle Coach

Acknowledge any positive and negative consequences of being engaged in making healthy lifestyle changes that the participant mentions either now or earlier in the program.

Remember that participants continually weigh (perhaps unconsciously) the program's costs versus the program's benefits, as they perceive them.

Present: Now, let's go back to the "Ways to Stay Motivated" handout.

Ask:

- Did you reach the goals you set out to achieve?
- Did you receive any benefits that you did not expect?

Write those benefits on your "Ways to Stay Motivated" handout.

Ask: What would you like to achieve during the next 6 months of the program?

Write your list of goals on the handout, and look at them later when you need motivation.

Ask for volunteers to share what they want to achieve.

Tactic #2: Recognize your successes.

Ask these questions:

- What changes in your eating and activity habits do you feel proudest of?
- What was easier to change than you thought it would be?

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- What was harder to change than you thought it would be?

Present: When your motivation is running low, think about all these positive changes, and give yourself credit for them. Try not to lose momentum

Tactic #3: Keep visible signs of your progress.

Ask: What are some ways you might do this? Any creative ideas you want to share?

Open responses.

Present: Here are some suggestions for keeping sight of your progress:

- Post a graph of your weight loss and activity on your refrigerator door. Not only will it keep you aware of your progress, but your family and friends will take note and congratulate you for your achievement.
- Measure yourself monthly. Keep track of your progress in specific measurements (e.g., waist circumference, the number of holes in your belt that fit through the buckle).
- Mark your activity miles on a map of your neighborhood. Use a website such as Google or Mapquest to find and print a large-scale map. Mark your starting point with an X. Mark your goal (the place you want to be able to walk to eventually) with different colored X. You could also mark some milestones along the way (e.g., the quarter-way point, the halfway point). Your objective each week is to walk closer to your final goal until, one day, you walk all the way. Reward yourself after you note on the map that you walked all the way to your final goal.

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As an alternative, you could print a map of a city you want to visit. Mark the hotel where you would stay with an X, and mark the various places you want to see while you're in the city as A, B, C, etc. The online directions will show you the distance from one point to another in the city. Mark the distance you actually walked in your neighborhood on the city map as though you had walked from your hotel (X) to A, B, or C. You might even reward yourself with a visit to that city when you reach your goal distance.

Tactic #4: Keep track of your weight, eating, and activity.

Present: It is common to drift away from new habits. You may gradually make small changes in your eating and activity over a long time and not even be aware that you are slowly going back to your old habits. The best way to prevent drifting and stay in control is to continue keeping track of your eating and activity. Keeping track helps you catch changes early.

Now, please commit to keeping track of your activity and eating by writing how you plan to do so on your handout.

Track what you eat at least one week a month. Much better, however, to continue daily tracking. The more you track, the more successful you will be. If you begin to gain weight, you need to keep track every day.

Tactic #5: Add variety to your routine.

Present: We talked before about jump starting your activity plan. Did you add variety to keep yourself from becoming bored with staying active? Did you notice any difference in how you feel about physical activity?

The same thing is true with eating. You need not use the same low-fat salad dressing every night. Experiment with different low-fat products. Try new recipes, and visit new restaurants. Do not approach healthy eating as a chore, but as an art.

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Ask: What meals, snacks, or particular foods have become boring? Can you think of some ways to vary your eating? Does anyone have any suggestions about healthy foods or meals they enjoyed?

Present: Here are some suggestions for varying your meals:

- Use seasonings to add flavor to low-fat dishes. If needed, you can review the handout on adding flavor without adding fat.
- Try a wide range of fruits, vegetables, and grains.
- Have a variety of colors, textures, and tastes on your plate.
- Make one night a week an ethnic night, a soup night, or a vegetarian night. Experiment with preparing various recipes for these foods.
- If you eat out often, plan more meals at home.
- If you eat at home often, plan more meals out. Have you stopped eating out because you are trying to lose weight? Has this left you feeling restricted and deprived? Have you stopped inviting friends over to eat or accepting invitations to eat at their homes?

Do not deny yourself the pleasure of social eating. Instead, make a plan for how to handle these times, and then try your plan and see how it works. You may make a few mistakes at first, but it's important to know that you can eat out and still eat healthfully.

- Share food preparation and dining with others as a way to relax. Invite people over to prepare a healthy dinner together. Cook with your children and spouse.
- Plan potluck dinners around a certain theme and share the best recipes you discover as a group.

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- Subscribe to a magazine that has healthy recipes and food ideas. There are also cookbooks, websites, and cooking shows that offer fresh ideas.
- Take a cooking class that teaches healthy cooking.

Present: Take a moment to write your ideas on the handout.



Note to Lifestyle Coach

If participants are interested in learning about a specific topic such as ethnic cooking or vegetarian eating, discuss the topic briefly now, and offer to provide more detail later.

Find out about various cooking classes, cookbooks and magazines that cover the topics of interest and give participants information about them at the first post-core session.

Tactic #6: Identify new ways to challenge and reward yourself.

Present: The new challenges should be specific and short-term (“I will not use butter or margarine on my vegetables this week”). It should also be something that is not too easy or too hard. It should be realistic but also be hard enough that you will feel you accomplished something if you succeed.

The reward should be something you will do or buy if, *and only if*, you reach your goal. The reward need not be fancy or cost a lot. It can be something you enjoy (e.g., reading the paper or taking a bubble bath after you walk) with the difference being that you will take the reward *only if* you succeed in the challenge.

For example, “After I walk ten additional minutes, I will call my friend and chat.” Then, if you need a boost to keep you going during your walk, you can think about what you will talk about with your friend.

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Ask: What are some non-food ways you can reward yourself?

Open responses.

Offer these ideas:

- Buy fresh flowers.
- Treat yourself to a manicure.
- Go to a movie.
- Go to a game.
- Set money aside for something you want to buy or do.
- Take a bubble bath.
- Buy a favorite magazine.
- Take time for yourself to _____ (be specific).

Ask participants to write their reward ideas on the handout.

Tactic #7: Create some friendly competition.

Present: Have a friendly competition with a friend or relative. The prize should be something you both win.

Suggestions for friendly competitions:

- If you and your friend are both active every day for a month, at the end of the month you will both do _____?
- If you are active every day for a month and your daughter does her homework every day for a month, you will both treat yourselves to _____?
- See how many days in a row you can be active for at least 30 minutes. Try to beat yourself. For example, if last month you were active 7 days in a row, see if you can do 8 or 10 this month.

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Tactic #8: Remember, slips are normal.

Present: If you do slip, immediately begin focusing on how you can get back on track. Remembering that slips are a normal part of the process will help you to look forward rather than back.

Tactic #9: Look to others for help in staying motivated.

Present: If you notice that your motivation is dropping, call me, or call a friend or another group member.

Everyone has trouble staying motivated sometimes, so we all understand. And we can help each other through the tough times.

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Part 4: Wrap Up and To-Do List

Estimated time: 10 minutes

Next Steps

Notes

Present: For the next 6 months, you will be attending the program's post-core sessions. These are monthly rather than weekly sessions. Another Lifestyle Coach may lead them, and there may be different people in each group. Their purpose is to continue supporting you but not as intensely. You have now learned enough and have enough experience to work on your own for a month at a time. During the post-core sessions, you will also learn some new material.

So continue to use the tools you learned during these 16 sessions. Continue your work of setting and attaining healthy goals, self-monitoring, staying motivated, and overcoming barriers.

Now, let's make a plan for staying motivated as you progress into the post-core phase of this program.



Refer participants to the "A Plan for Staying Motivated" handout in the Participant Notebook.



Create a plan that will keep you motivated.

Pick what you consider the best way to keep you motivated. Choose something that is likely to work and that you can do. Be realistic and specific. Write what you choose on your handout.

Make an action plan by completing the handout.



Refer participants to the "To-Do Next Week" handout in the Participant Notebook.

For the next week, and subsequent weeks, keep track of your eating and activity, follow your action plan, and answer the questions on the handout.

Session 16: Ways to Stay Motivated

Closing

Notes

Summarize these key points:

- ☑ You completed the 16-session core portion of the National Diabetes Prevention Program and are ready for the monthly post-core sessions. You will continue to monitor your weight, food, and physical activity.
- ☑ Some of you achieved your goal, and some of you still need to work toward that goal. Do not give up. What matters most is your determination to continue working in a healthy direction.
- ☑ As you saw, there are many ways to stay motivated. Pick the way you believe will work best for you. If it does not work as well as you believed it would, then pick another and try again.

Close: As we close out the 16 core session portion of the program, take stock of the distance you have come and the tools and conviction you now have to make and maintain positive lifestyle change. Do not forget that you can succeed in achieving the goals you came here to achieve.

You have the power to choose what you eat and to decide how to be physically active. You have the power to control your surroundings, the power to say no, the power to make time for yourself, the power to make the best of what you learned, the power to prevent negative thoughts, and the power to change.

Provide information on upcoming post-core sessions, including topic, time, location, and contact information for the Lifestyle Coach or Site Coordinator.

Ask participants whether they have any questions before closing the session.

Have participants share contact information with each other, if they want to.

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After the session:

- ❑ Write notes in the participants' "Food and Activity Trackers" from Session 15. Comment on their successes and, if necessary, recommend changes. Bring these to post-core sessions to return to participants.
- ❑ Write the physical activity minutes recorded in the participants' "Food and Activity Trackers" in the Lifestyle Coach's Log.
- ❑ Use your Notes and Homework page at the end of this guide to write notes about the session.

