

# Lifestyle Coach Facilitation Guide: Core

## Session 7: Tip the Calorie Balance

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# Background and Preparation

## Preparation Checklist

### Materials

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These are the materials you will need for Session 7.

- Participant handouts for Session 7
  - Session 7 Overview
  - Understanding the Calorie Balance
  - Balancing Food and Activity
  - Tipping the Balance
  - Review of Your Calorie Balance
  - To Do Next Week
- “Food and Activity Trackers” for Session 7
- Lifestyle Coach’s Log
- Name tags or tents from previous weeks, if still needed
- Flip chart or chalk board supplies

### Before you begin

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Before you begin this session, complete the following tasks:

- Choose a private place to weigh participants.
- Prepare Session 7 handouts to distribute at the beginning of the session.
- If still needed, prepare name tags or set up the classroom with name tents from the previous week.
- Have your Lifestyle Coach’s Log ready for weigh-ins.

### Lifestyle Coach Brief

#### Learning objectives

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

- Define “calorie balance.”
- Explain how healthy eating and being active are related in terms of calorie balance.
- Describe the relationship between calorie balance and weight loss.
- Describe his or her progress as it relates to calorie balance.
- Develop an activity plan for the coming week.

#### Session 7 overview

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Session 7 is the culmination of the previous six sessions, which focused on the two main components of the program: healthy eating and physical activity. During this session, we show how these two components are related and how they work together to produce weight loss.

Session 7 is broken into four parts:

##### **Part 1: Weekly Progress and Review (10 minutes)**

##### **Part 2: What is the Calorie Balance? (10 minutes)**

The “calorie balance” is the relationship between calories in (eating) and calories out (activity). In this section we discuss which food groups are relatively higher in calories, and how our bodies use those calories.

##### **Part 3: The Calorie Balance and Weight Loss (30 minutes)**

This section takes the topic of calorie balance a step further. We discuss how to reach the point where the calorie balance tips toward weight loss. Participants will use their “How Am I Doing? Weight” charts to determine whether they tipped the calorie balance and, if so, to what extent they did so.

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

## Session 7: Tip the Calorie Balance

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### Key messages

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Here are the key messages for this session. They should be reinforced to participants throughout the program.

- To lose weight, it is not always enough only to reduce fat and calories or only to do physical activity. Both are needed.
- The food we eat and the physical activity we do work together to determine how much we weigh. To lose weight, eat fewer calories and be more active, thus changing both sides of the balance at once.
- Tipping the calorie balance requires you to keep track of calories every day and stay as close as possible to your fat gram goal.

# Classroom Presentation

### Part 1: Weekly Progress and Review

Estimated time: 10 minutes

Weigh In	Notes
<p><b>Weigh</b> participants privately, and have them record their weight on their “How Am I Doing? Weight” charts.</p> <p><b>Record</b> participants weight in your Lifestyle Coach’s Log.</p> <p><b>Distribute:</b></p> <ul style="list-style-type: none"><li>• Session 7 handouts to insert into the Participant Notebooks.</li><li>• Session 7 “Food and Activity Trackers.”</li><li>• Session 5 “Food and Activity Trackers” with your notes.</li></ul> <p><b>Collect</b> Session 6 “Food and Activity Trackers.”</p>	
Week in Review	Notes
<p><b>Discuss</b> participants’ successes and difficulties in meeting the weight loss goals.</p> <p><b>Present:</b> Last week, we discussed physical activity and set goals for this week.</p> <p><b>Ask:</b> Please share with the group your successes and difficulties in following your activity plan. Any barriers to following your plan?</p> <p><b>Open responses.</b></p> <p><b>Present:</b> Using your “Food and Activity Tracker” and your “To Do Next Week” handout from Session 6, take a moment to record your physical activity from last week on the “How Am I Doing?” Physical Activity chart.</p>	

## Session 7: Tip the Calorie Balance

**Ask** the following:

- Did you have any trouble keeping track of your eating and activity last week?
- Were you able to stay within your fat gram budget?
- Did you reach your goal for physical activity?
- Were you able to make the active lifestyle choices you planned?

**Open responses.**

**Present:** You have accomplished a great deal during this last week.

- You found time to be physically active.
- You chose to be active when you could have been inactive.
- You were creative with your time, starting slowly and working your way up to your goal.

Starting a physical activity routine can be challenging. But if you stick with it, it will only get easier. Keep up the good work!

### This Week

### Notes

**Present:** This week we will –

- Talk about the role of calories and how to strike the “calorie balance.”
- Discuss the relationship between calorie balance and weight loss.

## Session 7: Tip the Calorie Balance

### Part 2: What is the Calorie Balance?

Estimated time: 10 minutes

#### The Function of Calories

#### Notes

**Present:** During the last six sessions, we spent a lot of time talking about healthy eating and physical activity. We know that both of these habits are important for a healthy lifestyle and for helping to delay or prevent type 2 diabetes and other diseases.

However, there is another reason they are important to us. Healthy eating and physical activity are directly linked to weight loss. The “calorie balance” is the difference between the calories you take in (through eating) and the calories you use up (through physical activity and your body’s natural energy needs).

If we take in the same number of calories as we use, our weight stays the same. Calories-in and calories-out are in balance.

However, if we take in more calories than we use, our weight increases. Calories-in and calories-out are out of balance, resulting in weight gain.

Conversely, if we take in fewer calories than we use, our weight will decrease. Again, calories-in and calories-out are out of balance, but this time, having the calories out of balance helps us to lose weight.

#### Calories and Food

#### Notes

**Present:** When you eat food, you take in calories (or energy). Calories in food come from **fat, carbohydrates (starches, sugar), protein, or alcohol.**



**Refer** to the “Understanding the Calorie Balance” handout in the Participant Notebook.

## Session 7: Tip the Calorie Balance

**Present:** As shown in this handout, there can be big differences in how many calories are in various types of foods.

You will recall that fat has the highest concentration of calories; each gram of fat contains 9 calories, which is more than twice the number of calories in a gram of carbohydrates or a gram of protein.

Other ingredients components in food (e.g., vitamins, minerals, water, fiber) do not have calories. For example, green, leafy vegetables have few calories because they are mostly water, vitamins, minerals, and fiber.

One important reason why we are working toward eating less fat is because it has more calories than other foods.

Many people think of meat as being “pure protein” when, in fact, most meats also contain a lot of fat. Fat is where most calories in meat come from.

### Calories and Activity

### Notes

**Present:** Certainly, we need to eat calories. Our bodies need them to survive. Calories give us the energy to function; they fuel everything we do, even breathing.

The number of calories you use during physical activity or lifestyle activity depends on several things:

- The type of activity (light, moderate, intense).
- The amount of time you are active.
- How much you weigh.

Basically, the amount of energy, or calories, you use is determined by the amount of weight your body is carrying and the distance it carries that weight.

## Session 7: Tip the Calorie Balance

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**Present:** Here's one way to think about calorie balance: it would take more energy for you to walk a mile with two bags of groceries than it would to walk the mile empty-handed.

A general rule of thumb is that one mile of brisk walking (which takes most people 15 to 20 minutes) uses up about 100 calories. This is a rough estimate.

## Session 7: Tip the Calorie Balance

### Part 3: The Calorie Balance and Weight Loss

Estimated time: 30 minutes

#### Effect of Balancing Calories

#### Notes

**Present:** So what does all this mean? It means that your weight is determined by the balance between food (calories in) and activity (calories out).



**Refer** to the “Balancing Food and Activity” in the Participant Notebook.

**Present:** This handout shows how the balance can affect you in a few different ways:

- Weight stays the same: calories-in (food) equals calories-out (activity).
- Weight increases: calories-in are higher than calories-out. Either the calories-in increased, or the calories-out decreased, or both.
- Weight decreases: calories-in are lower than calories-out. Either the calories-in decreased, or the calories-out increased, or both.
- We reach a new balance at a new weight: when we lose weight and keep it off, our new balance requires us to maintain new eating habits and a new activity level.

**Present:** What is important to remember is that —

- Food and activity work together to determine how much we weigh. To lose weight, we need to tip the balance by increasing the number of calories-out or decreasing the number of calories-in, or both.
- To lose weight, it is best to do both: eat fewer calories *and* be more active. This will help you not only lose weight, but it will also improve your health.

## Session 7: Tip the Calorie Balance

By tipping the balance toward fewer calories-in and more calories-out, you can lose all weight you want to lose.

- Over time, you will reach a new balance at a lower weight.

We will help you make the changes a part of your lifestyle, so that you will keep the weight off.

### Tipping the Balance

### Notes

**Present:** Now you know what the calorie balance is. But how does it work in terms of numbers? How many fewer calories and how much physical activity is needed to tip the balance toward losing weight?



**Refer** to “Tipping the Balance” in the Participant Notebook.



#### Note to Lifestyle Coach

A good prop for the following discussion is either a model of one pound of fat or an actual one pound of fat. One pound of fat could be shown with lard or shortening.

**Present:** The number of calories you need to eat, or the amount of activity you need to do, varies from person to person. But two facts help us answer these questions:

- One pound of body fat stores about 3,500 calories.
- Slow, steady weight loss (one or two pounds a week) is the best way to lose body fat.

## Session 7: Tip the Calorie Balance

**Present:** As the handout shows, to lose one pound in a week, you need to tip your energy balance by 3,500 calories over that week.

To lose 1 pound in a week –

- Tip the balance by 3,500 more calories (500 fewer calories a day).
- Use 500 more calories a day than you take in.

To lose 1½ pounds in a week –

- Tip the balance by 5,250 calories (750 fewer calories per day).
- Use 750 more calories a day than you take in.

To lose 2 pounds in a week –

- Tip the balance by 7,000 calories (1,000 fewer calories per day).
- Use 1,000 more calories a day than you take in.

**Present:** Remember, the best way to tip the balance toward losing weight is to decrease food intake *and* increase activity.

- It is generally recommended that people who are not as close to their weight loss goal aim to lose two pounds per week and that people who are closer to their weight loss goal lose one pound a week.
- No one should eat fewer than 1,200 calories per day.
- Quick losses of large amounts of weight can mean that water or muscle is being lost rather than fat, and that is unhealthy.

## Session 7: Tip the Calorie Balance

### Review of Your Progress

### Notes

**Present:** Now let's take a minute to look at some positive changes in balance you have made so far.



**Refer** to "Review of Your Calorie Balance" handout in the Participant Notebook.

**Ask:** First, what changes have you made to be more active?



**Ask participants to write** responses in the space provided in the handout and to share their responses, if they feel comfortable doing so.



#### Note to Lifestyle Coach

Remember to discuss both planned activity and lifestyle activity. Praise all decreases in calories and increases in activity. Encourage participants to keep up all positive changes.

**Ask:** We focused on eating less fat because fat is the most concentrated source of calories. What changes have you made to eat less fat (and fewer calories)?

**Open responses.**

**Ask** for volunteers to share their responses. Briefly discuss the responses.

**Present:** Now, let's take a closer look at how these changes have helped you move toward tipping the calorie balance in favor of losing weight.



### Activity

1. **Refer** to your “How Am I Doing?” Weight charts.
2. Locate your weight at the start of the program.
3. Locate your weight now: the weight you recorded at the start of today’s session.
4. Find the expected weight by this time. (Note: This is nearly the halfway point in the program, and we expect participants to lose 1 to 2 pounds per week.)

**Present:** If you have –

- Stayed the same weight, or gained weight
  - We will work together to try something else to tip the balance.
- Lost some weight, but not as much as expected
  - You have made progress.
  - We will try something else to tip the balance further.
- Lost as much as weight as expected (or more)
  - Great! You have tipped the calorie balance.
  - If you keep tipping the balance you will keep losing weight.

## Session 7: Tip the Calorie Balance



### Note to Lifestyle Coach

If you find that many participants did not lose as much weight as expected, present the suggestion below. Use your best judgment about how to address each participant's specific needs.

**Present:** If your weight loss is not as much as you expected or hoped, plan to reduce calories even more during the coming week. And be diligent about tracking food and activity. Stay as close as you can to your fat gram goal. Be sure you're not forgetting to write anything in your "Food and Activity Tracker."

Some of you feel successful in your weight loss but want to learn more or want to lose more weight. If so, you could also eat fewer calories and be more active. Just make sure you do not eat fewer than 1200 calories a day.

If you need to refresh your memory about tracking the food you eat, refer to the Session 2 instructions for tracking fat and calories.

## Session 7: Tip the Calorie Balance

### Part 4: Wrap Up and To-Do List

Estimated time: 10 minutes

#### To Do Next Week

#### Notes

**Ask** if there are any questions about what has been covered in this session.

**Present:** Now let's make an activity plan for next week.

The goal is to do a little more physical activity than last week, for a weekly total of 120 minutes of activity. By doing more activity, you will use more calories – which will help you to tip the balance towards weight loss.

#### For next week:

- As before, try setting aside one block of time each day to be active.
- If you cannot do that, look for blocks of 10 to 15 minutes during the day, and use those minutes to be active.
- Fill out the “To Do Next Week” handout with your activity plan for the next week.

#### Closing

#### Notes

**Summarize** key points:

- The calorie balance is the difference between the calories you take in through eating and the calories you use through physical activity and your body's natural energy needs.
- Food and activity work together to determine how much you weigh. To lose weight, eat fewer calories and be more active. By doing both, you are changing both sides of the balance at once increasing the amount of weight you will lose.
- One mile of brisk walking (which takes most people 15 to 20 minutes) uses about 100 calories.

## Session 7: Tip the Calorie Balance

### Closing

**Close:** Our next session is called “Take Charge of What’s Around You.” We will be talking about people, events, and situations in our lives that stand in the way of healthy eating and physical activity. And we’ll discuss how to remove those barriers.

**Ask** participants if they have any questions before closing the session.

**Make** announcements about time or location changes, contact information, and any other issues.

#### After the session:

- Write notes on successes and recommend changes when necessary in the participants’ “Food and Activity Trackers” from Session 6.
- Write the physical activity minutes recorded in the participants’ “Food and Activity Trackers” in your Lifestyle Coach’s Log.
- Use your “Notes and Homework” page at the end of this guide to write notes about the session.

### Notes

