

# 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

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- 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. \_\_\_\_\_

