

Lifestyle Change Program: Post-Core

Welcome to Post-Core

Welcome to the National Diabetes Prevention Program post-core phase.

This part of the lifestyle change program will give you the additional support and information you need to make long-term healthy lifestyle habits.

Program Goals

If you have reached your program weight loss and physical activity goals – great! These sessions will help you maintain and build on these goals.

If you have **not** reached your goals, the post-core phase allows you to continue to work with your Lifestyle Coach and other group members to find ways to lose weight and increase your 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 at least 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.

Why Manage Your Weight?

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:	

Keeping Track More Accurately

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

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).

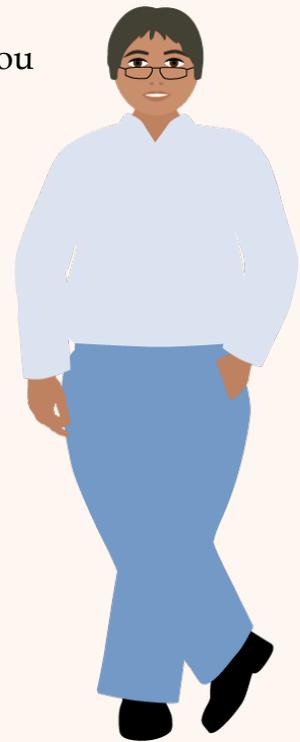
Underestimating means that you don't have all the information you need to make decisions about what to eat.

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

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 figure out portion sizes on your own.
- ✓ Always keep your “Food and Activity Tracker” with you and record what you eat and drink right away.
- ✓ 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.).
- ✓ Other ideas:



Give Yourself Credit

An important part of staying on track is remembering the progress you have made during this lifestyle change program.

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. _____