



Lifestyle Coach Training Guide

When Weight Loss Stalls

Materials Checklist

You will need:


- Your Participant Notebook
- Participant Guides for this module (one copy for each participant and for you)
- Blank Fitness Logs, as needed
- Blank Food Logs, as needed
- Blank Action Plans, as needed
- Lifestyle Coach Log
- Nametags, as needed
- Scale for weighing participants (same one for all sessions)
- Watch or clock
- Pens

Optional:

- Flip chart, easel or tape, and markers; or white board, white board markers, and eraser
- Apps and online tools for finding your daily calorie needs**
- Apps and online tools for graphing changes in weight**

Things to Do

Before this session:

- Reserve a meeting room. Make sure there is a private space where you can weigh participants.
- Gather needed supplies.
- Review this Lifestyle Coach Training Guide and the Participant Guide for this module. Make sure you understand both thoroughly.
- Arrive early.
- Set up chairs in a formation that invites discussion, such as a circle.
- Write needed text on flip chart or white board (optional). See 

As each participant arrives:

- Greet participants.
- Weigh participants in private.
- Record participants' data on your Lifestyle Coach Log.
- Tell participants their weight. Or write it down for them on a sticky note. Ask them to record it in their Weight Log.
- Give participants a copy of the Participant Guide for this module.
- Give participants blank Fitness Logs, Food Logs, and Action Plans, as needed.
- Ask participants to fill out and wear a nametag, as needed.
- Ask participants to sit down. Suggest that they review "Session Focus" on page 2 while they wait for the rest of the group.

After this session:

- As soon as possible, take notes on this session. Write down what went well and what you'd like to improve. Also write down any tasks you need to do before the next session.

Module Outline

Session Content:

The following content is designed to last for 60 minutes. Please allow about 10 extra minutes to weigh and consult with participants at the start of each session.

- Welcome and Review Page 6 10 Min
- Objectives Page 7 2 Min
- Why Weight Loss Can Stall Page 7 10 Min
- How to Start Losing Weight Again Page 10 28 Min
- Plan for Success Page 13 5 Min
- Summary and Closing Page 14 5 Min

Notes to Coach	How to Start Losing Weight Again (28 minutes)
<p>To learn more about getting back on track, see the handouts that go with the <i>Get Back on Track</i> module.</p>	<p>► SAY: Once you know <u>why</u> your weight loss has stalled, the next step is to make a plan to start losing weight again.</p> <p>Let's say you find that your weight loss has stalled because you're not meeting your eating and fitness goals. Remember: It's normal to get off track with these goals from time to time. The important thing is to get back on track and prevent similar lapses in the future.</p> <p>► ASK: How can you get back on track?</p> <p>ANSWER: To get back on track, stay positive and use the five steps of problem solving:</p> <ol style="list-style-type: none"> 1. Describe the problems that got you off track. 2. Come up with options for solving these problems. 3. Choose the best options. 4. Make an action plan. 5. Try it. <p>► SAY: Let's say you find that your weight loss has stalled because you've lost weight. And you haven't changed your eating and fitness goals to match your lower weight. Before you can set new eating and fitness goals, you'll need to find out how much your daily calorie needs have changed since you started this program.</p> <p>► ASK: What are daily calorie needs?</p> <p>ANSWER: The calories you need to <u>maintain</u> your weight. Your daily calorie needs are based on your age, sex, height, build, and weight.</p>

