



**PREVENT T2**

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

## Lifestyle Coach Training Guide

**When Weight Loss Stalls**

## When Weight Loss Stalls

### Session Focus

Taking action when weight loss stalls can help prevent or delay type 2 diabetes. This module teaches participants how to start losing weight again.

### Participant Learning Objectives

By the end of the session, participants will:

- ▶ Explain why weight loss can stall
- ▶ Explain how to start losing weight again

## 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

## Lifestyle Coach Script

Notes to Coach	Welcome and Review (10 minutes)
	<p>▶ <b>SAY:</b> Welcome back, everyone! This is the ___ meeting of Prevent T2, the CDC’s lifestyle change program.</p> <p>Today, we are going to talk about what to do when your weight loss stalls.</p> <p>Before we start, let’s spend a few minutes going over what we discussed last time. I will try to answer any questions you may have.</p> <p>↶ <b>DO:</b> Briefly summarize previous session.</p> <p>💬 <b>DISCUSS:</b> Does anyone have any questions for me about what we talked about last time?</p> <p>▶ <b>SAY:</b> Let’s talk about how things went with the action plan you made last time.</p> <p>💬 <b>DISCUSS:</b> What went well? What didn’t go so well?</p> <p>▶ <b>SAY:</b> Now let’s talk about how things went with the other things you tried at home.</p> <p>💬 <b>DISCUSS:</b> What went well? What didn’t go so well?</p>

Notes to Coach	Objectives (2 minutes)
	<p>► <b>SAY:</b> Taking action when your weight loss stalls can help you prevent or delay type 2 diabetes. Today we will talk about:</p> <ul style="list-style-type: none"> <li>■ Why weight loss can stall</li> <li>■ How to start losing weight again</li> </ul> <p>Finally, you will make a new action plan.</p>
	<p><b>Why Weight Loss Can Stall</b> (10 minutes)</p> <p>► <b>SAY:</b> Many people who make healthy lifestyle changes find that the pounds come off quickly at first. Then, all of a sudden, they start to have trouble losing weight. Their weight loss slows down, or even stalls. It's normal to have these periods of slow weight loss.</p> <p>Let's look at an example. Please turn to "Roxanne's Story" on page 3 of this module's handouts.</p> <p>↗ <b>DO:</b> Read (or ask a volunteer to read) the first two paragraphs of the story.</p> <p>🗨️ <b>DISCUSS:</b> Does this sound familiar to any of you?</p>

Notes to Coach	Why Weight Loss Can Stall
<p>To learn more about tracking, see the handouts that go with the <i>Track Your Activity</i> and <i>Track Your Food</i> modules.</p> <p>To learn more about the link between calories and weight, see the handouts that go with the <i>Burn More Calories Than You Take In</i> module.</p>	<p>▶ <b>SAY:</b> If your weight loss stalls, the first step is to figure out <u>why</u>.</p> <p>One reason your weight loss may stall is that you're not meeting your eating and fitness goals.</p> <p>▶ <b>ASK:</b> How can you find out if you're meeting these goals?</p> <p><b>ANSWER:</b></p> <ul style="list-style-type: none"> <li>■ Track your activity.</li> <li>■ Track what you eat and drink.</li> </ul> <p>↗ <b>DO:</b> Explain as needed.</p> <p>▶ <b>SAY:</b> Your weight loss may also stall because you've lost weight. And you haven't changed your eating and fitness goals to match your lower weight.</p> <p>▶ <b>ASK:</b> Why do you need to change your eating and fitness goals when you lose weight?</p> <p><b>ANSWER:</b> The less you weigh, the less calories you need just to maintain your weight. So in order to <u>lose</u> weight, you need to either <u>take in fewer</u> calories, or <u>burn more</u> calories. That means you need to change your eating and fitness goals.</p>

Notes to Coach	Why Weight Loss Can Stall
<p>When you cut calories, your body at first burns stores of glycogen—a type of carbohydrate that contains water. Only after you stop losing this “water weight” do you start losing body fat.</p>	<ul style="list-style-type: none"> <li>▶ <b>SAY:</b> Your weight loss may also slow down if some of the weight you’ve lost is muscle.</li> <li>▶ <b>ASK:</b> Why might losing muscle cause weight loss to stall? <ul style="list-style-type: none"> <li><b>ANSWER:</b> Muscle burns calories, even at rest. So when you lose muscle, you don’t burn as many calories.</li> </ul> </li> <li>▶ <b>SAY:</b> Finally, your weight loss may slow down once you’re no longer in the early stages of lifestyle change. When you first start cutting calories to lose weight, your body loses some water. For most people, weight loss slows down once they stop losing water.</li> </ul>

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>► <b>SAY:</b> 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>► <b>ASK:</b> How can you get back on track?</p> <p><b>ANSWER:</b> To get back on track, stay positive and use the five steps of problem solving:</p> <ol style="list-style-type: none"> <li>1. Describe the problems that got you off track.</li> <li>2. Come up with options for solving these problems.</li> <li>3. Choose the best options.</li> <li>4. Make an action plan.</li> <li>5. Try it.</li> </ol> <p>► <b>SAY:</b> 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>► <b>ASK:</b> What are daily calorie needs?</p> <p><b>ANSWER:</b> 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>

Notes to Coach	How to Start Losing Weight Again
<p>1,750 – 1,650 = 100</p>	<p>▶ <b>ASK:</b> How can you find out your daily calorie needs? <b>ANSWER:</b></p> <ul style="list-style-type: none"> <li>■ Ask your healthcare provider.</li> <li>■ Use a smart phone or computer app.</li> <li>■ Use an online tool.</li> </ul> <p>↗ <b>DO:</b> Explain as needed. If you'd like, share apps and online tools for finding your daily calorie needs.</p> <p>▶ <b>SAY:</b> Let's turn to "Roxanne's Weight Loss" on page 4. Take a look at the graph.</p> <p>▶ <b>ASK:</b> What has happened to Roxanne's weight lately? <b>ANSWER:</b> It has leveled off.</p> <p>▶ <b>SAY:</b> Now let's look at the chart called "Roxanne's Daily Calorie Needs" on the same page.</p> <p>▶ <b>ASK:</b> What were Roxanne's daily calorie needs <u>before</u> she lost weight? <b>ANSWER:</b> 1,750 calories</p> <p>▶ <b>ASK:</b> And what are Roxanne's daily calorie needs <u>now</u>? <b>ANSWER:</b> 1,650 calories</p> <p>▶ <b>ASK:</b> So what is the <u>change</u> in Roxanne's daily calorie needs? <b>ANSWER:</b> 100 calories</p>

Notes to Coach	How to Start Losing Weight Again
<p>To <u>take in fewer</u> calories, you could:</p> <ul style="list-style-type: none"> <li>■ Choose drinks that have low or no calories</li> <li>■ Control portion sizes</li> <li>■ Use less fat</li> </ul> <p>To <u>burn more</u> calories, you could walk farther, faster, or up steeper hills.</p> <p>To <u>build muscle</u>, you could:</p> <ul style="list-style-type: none"> <li>■ Do wall push-ups</li> <li>■ Lift weights</li> <li>■ Use resistance bands</li> </ul> <p>To learn more about taking in fewer calories, see the <i>Have Healthy Food You Enjoy</i> handouts. To learn more about burning more calories and building muscle, see the <i>Get More Active</i> handouts.</p>	<p>► <b>SAY:</b> Since Roxanne’s daily calorie needs have changed, she decides to set new eating and fitness goals. She makes small changes in her lifestyle to cut an extra 100 calories each day.</p> <p>Keep in mind: This is Roxanne’s goal. Your goal may be different.</p> <p>► <b>ASK:</b> How could Roxanne cut those 100 calories?</p> <p><b>ANSWER:</b> She could:</p> <ul style="list-style-type: none"> <li>■ <u>Take in 100 fewer</u> calories each day</li> <li>■ <u>Burn 100 more</u> calories each day</li> <li>■ Do a mixture of the two</li> </ul> <p>↗ <b>DO:</b> Explain as needed.</p> <p>💬 <b>DISCUSS:</b> What are some ways to <u>take in fewer</u> calories?</p> <p>And what are some ways to <u>burn more</u> calories?</p> <p>► <b>SAY:</b> Let’s say you find that your weight loss has stalled because some of the weight you’ve lost is muscle.</p> <p>💬 <b>DISCUSS:</b> How could you <u>build muscle</u>?</p>

Notes to Coach	Plan for Success (5 minutes)
	<p>► <b>SAY:</b> Please look at your Action Plan Journal. Let's spend the next few minutes making a new action plan.</p> <p>Keep in mind what worked and what didn't work well for you since our last session. Are there any changes that you want to make?</p> <p>Also keep in mind what we discussed today about what to do when your weight loss stalls.</p> <p>As you make your plan, remember to keep it:</p> <ul style="list-style-type: none"> <li>■ Realistic</li> <li>■ Doable</li> <li>■ Specific</li> <li>■ Flexible</li> </ul> <p>Remember to focus on behaviors. And try to have fun!</p> <p>↙ <b>DO:</b> Give participants a few minutes to make their action plan.</p>

Notes to Coach	Summary and Closing (5 minutes)
 <p>Things to Try at Home:</p> <ul style="list-style-type: none"> <li>■ 25 Snacks Under 100 Calories</li> <li>■ Ways to Take in Fewer Calories</li> <li>■ Ways to Burn 100 Calories</li> <li>■ Action Plan</li> </ul>	<p>► <b>SAY:</b> It's a good idea to keep an eye on your Weight Log. It can help you spot trends. If you ever think your weight loss has stalled, please tell me. I'll help you figure out why so that you can start losing weight again.</p> <p>↗ <b>DO:</b> If you'd like, share apps and online tools for graphing changes in weight.</p> <p>► <b>SAY:</b> Between now and the next session, please read "25 Snacks Under 100 Calories" on page 5. See if any of these snacks sound good to you!</p> <p>I'd also like you to complete "Ways to Take in Fewer Calories" on pages 6 and 7 and "Ways to Burn 100 Calories" on page 8. Check off each idea you try.</p> <p>We have come to the end of our meeting. Today, we discussed how taking action when your weight loss stalls can help you prevent or delay type 2 diabetes. We talked about:</p> <ul style="list-style-type: none"> <li>■ Why weight loss can stall</li> <li>■ How to start losing weight again</li> </ul> <p>🗨️ <b>DISCUSS:</b> Do you have questions about anything we talked about today?</p> <p>► <b>SAY:</b> Next time, we'll talk about the things you tried at home, including your action plan. We'll also talk about ___.</p> <p>Thank you for coming to this session. Remember to bring your Participant Notebook to the next session.</p> <p><b>Meeting adjourned.</b></p>