MOVE!

WEIGHT MANAGEMENT PROGRAM FOR VETERANS

Session 10
(Overcome Weight Plateaus)

New Mexico Va health care System

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- Weight Management Team Members:
  - MOVE! Coordinator, Registered Dietitian
    - Extension 4407 or 5395
  - New Mexico VA: (505) 265-1711, Extension 4407
    - Please call the MOVE! Coordinator if late or cannot make it to class.
  - Brain Kersh, PHD – Clinical Psychologist
    - Extension 1043
  - Claudia Segura, DPT – Physical Therapist
    - Extension 5280

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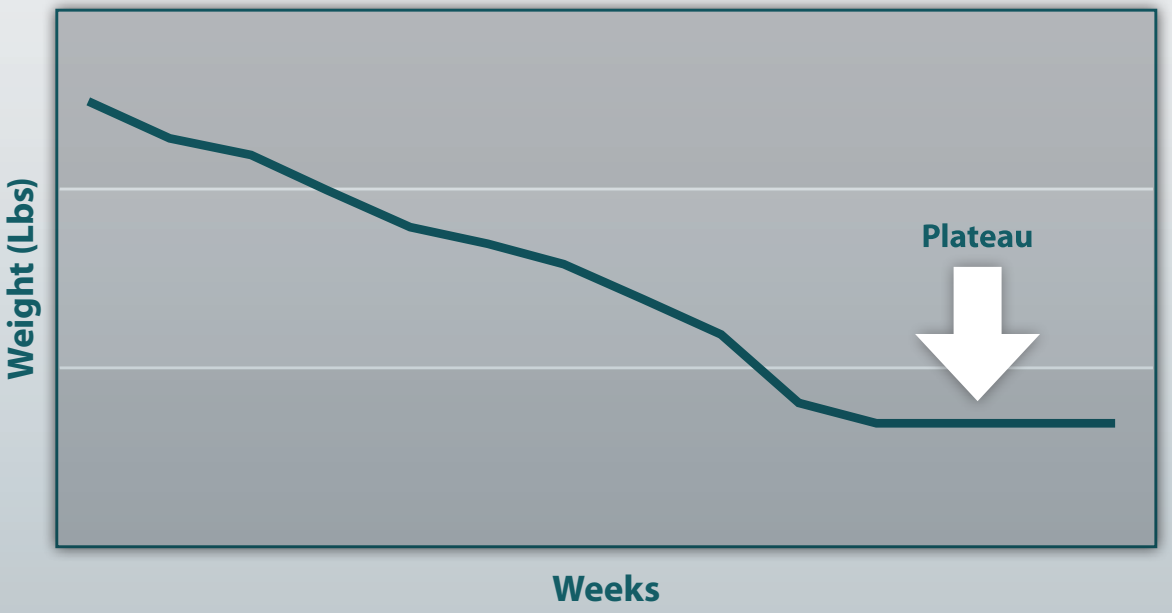
Handling Weight Plateaus

When losing weight, it is common to have **plateaus** or times when you can't seem to lose any more weight. Research suggests that our bodies will try to maintain a specific weight or "**set point.**" This set point can make getting over a plateau difficult.

My Weight Log (lbs)	
Week 1 **285**	Week 8 **274**
Week 2 **283**	Week 9 **272**
Week 3 **282**	Week 10 **268**
Week 4 **280**	Week 11 **267**
Week 5 **278**	Week 12 **267**
Week 6 **277**	Week 13 **267**
Week 7 **276**	Week 14 **267**



Here are tips that can help with managing plateaus:

- **Plateaus are often temporary.** Stay with your program and you should start losing again
- **Try increasing your physical activity.** Add a few additional minutes or steps, increase intensity (for example, add some hills to your walk), or mix up your physical activity (for example, add a new exercise like hiking or tennis). Add strength training or switch from moderate to vigorous physical activity

- **Weigh yourself every day**
- If you haven't been **writing down what you eat** for a while, start again. You may discover that extra calories have crept into your diet plan.
- Plateaus make you feel like giving up. **Remember how much work you have done to get where you are now.** Don't lose ground. Push a little harder to keep moving past the plateau. Contact your MOVE!® team. They want to help you reach your goals!

- **Weight loss medications are available.** These can complement your dietary and physical activity program.

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Yes! You Can Keep That Weight Off!

You have been managing your weight successfully for a long time. GREAT!

Here are some tips to help you keep going:

- Now that you know what works for you, keep it up!
- Write down all the reasons you want to maintain your weight. Look at these carefully, and think about how far you have come.
- Take credit for your success and hard work. Continue to reward yourself often!
- Plan for people, places, and events that might trip you up. Consider ways to cope with difficult situations. For example, drink a glass of water and eat an apple before going to a party, buffet, or wedding.
- Keep your thinking **POSITIVE!**
- Maintain your network of family and friends to provide encouragement and support. Let them know how much their ongoing support is helping you.
- Find new ways to cope with stress.
- It is easy to slip up on your diet or physical activity. Recognize what tripped you up, and get back with your program. Be sure to give yourself lots of praise for handling these setbacks.

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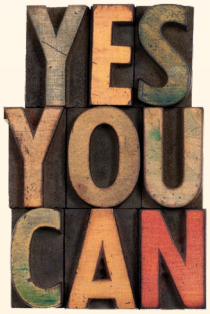
Motivate!

Motivation is the force behind action. By choosing to participate in MOVE!® you have shown you are motivated. Focus on your personal reasons for managing your weight.

Here are some tips to keep your motivation high:

- Make your weight management goals a top priority.
- Have patience. Results take time!
- Set daily and weekly goals that are achievable. Write them down. Don't look too far into the future.
- Take it one day at a time.
- Reward yourself often for even the smallest accomplishment – treat yourself to a new outfit, a movie, or an outdoor activity.
- Do what it takes to get results! Results motivate!
- Use your Food and Physical Activity Diary to track your success.
- Exercise with others.
- Seek support from others.
- Everybody has setbacks. Making yourself feel guilty won't help. Learn from your setbacks and move forward.
- Do lots of positive self-talk ("I can do it!").



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It's Your MOVE!®

Here are some strategies to help you reach your weight and fitness goals.

Behavior

- Be positive! Be thankful for what is good in your life, and practice positive self-talk.
- Don't beat yourself up if you miss a goal, just start again.
- Use the Food and Physical Activity Diary to track your weight, physical activity, food intake, and mood.
- Weigh yourself daily, measure your waist weekly, and track your progress on a calendar or graph.
- Share your new goals with others.
- Ask your family/friends for their support in your "healthier you" efforts.
- Celebrate every 5 pounds lost. Take a moment in the grocery store to lift a 5-pound bag of sugar. Be mindful of the weight you have lost.
- Raise your arms in the air and cheer yourself on when you meet your physical activity goals.

Nutrition

- Eat healthier foods at meals and snacks.
- Become a "food label reader."

- Avoid extra calories:
  - Skip the mayo – use yellow mustard instead.
  - Drink water instead of juice.
  - Give up the following for now: butter, cinnamon rolls, deep-fried blooming onions, double-decker bacon cheeseburgers, and high-calorie desserts.
  - If you drink soft drinks, choose diet over regular.
  - Skip the cheese on your sandwich.
  - At a restaurant: tell the wait staff to skip the bread, drink a big glass of water while waiting for your food, eat veggies or a side salad instead of fries or a loaded potato, eat half of your entrée, and take the rest home.
  - Use light or fat-free salad dressings.
  - If you are a meat eater – eat chicken and fish, view steak and hamburger as a treat.
  - Remove one slice of bread from your sandwich.
  - Share one dessert when eating with four or more family members/friends.
  - Stay away from fast food most of the time.
- Practice eating slowly and enjoy each bite.
- Write down what you eat every day – know the approximate calories of what you eat.
- Eat frequently (choose healthy foods).

- Never go hungry.
- Don't deprive yourself – just plan ahead (enjoy a small piece of wedding cake).
- Shop from a grocery list and never go to the grocery store hungry.
- Know the correct portion size (count out 15 peanuts).
- Enjoy a 150-calorie frozen yogurt.

Physical Activity

- Start walking.
- Start slowly and build select activities you enjoy.
- Take a walk instead of a nap after eating a holiday meal.
- Walk with a buddy.
- Park farther away, take the stairs, and get up at commercials, etc. – every movement counts!
- Wear your pedometer every day.
  - Enjoy the fact that you are doing something good for yourself!

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10 Health Gains from a 10% Weight Loss

10 **Lowers the risk of gallbladder disease.**

9 **Lowers the risk of sleep apnea,** a serious breathing difficulty during sleep.

8 **Lowers the risk of congestive heart failure.** Excess weight puts stress on the heart and lungs.

7 **Reduces the risks of some types of cancer.** A healthy weight and a healthy diet with plenty of vegetables, fruits, and whole grains are great ways to reduce your risk of developing certain cancers.

6 **Puts less stress on your bones and joints,** especially the knees.

5 **Lowers the risks of heart disease, heart attacks, and stroke.**

4 **Reduces the risk of diabetes** and helps control blood sugar levels if you're already diabetic.

3 **Reduces blood pressure.** Even a small weight loss can help to lower high blood pressure.

2 **Improves your ability to move and be active.** Losing weight makes every step and breath easier.

1 The #1 reason to lose weight is …
You will feel better! Set a goal to lose 10% and **'Go For It!'**

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- Your "Homework" This Week:

- Behavior: Identify weight-related problem and work through the steps.

- Nutritional: Keep a food log everyday. Try a healthier substitution in your diet at least once this next week.

- Physical Activity: Keep an activity log daily.