MOVE!

WEIGHT MANAGEMENT PROGRAM FOR VETERANS

Session 13
(Dust Yourself Off)

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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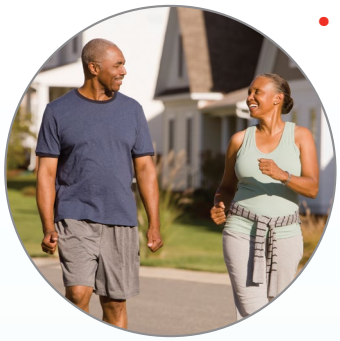
Emotions and Your Weight

Emotions often drive eating – happy, sad, excited, nervous, scared . . .

Here are some tips to help control emotional eating:

- **Eating doesn't make the problem go away!** Instead, try to deal with the problem in ways other than eating. For example, take a short walk or call a friend.
- **Think positively.** If you catch yourself thinking negatively or worrying, focus on more positive things in your life.



- **Be active.** Take a brisk walk, get on a stationary bike, or do some stretches. Exercise will make you feel better!
- **Distract yourself.** Find something else to do rather than eating. Listen to some music that lifts your spirit.
- **Avoid the kitchen.** You will be less tempted to feed your emotions.
- **Have healthy snacks readily available.** Comfort foods don't have to be unhealthy.
- **Consider getting support.** Start with family or friends. For additional assistance, consider your clergyman or talk with your health care team.

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Slips and Setbacks

Slips Defined: Any time you do not meet your weight management goals, we can call this a slip. Even Olympic athletes have occasional setbacks or slips.

The Challenge of Slips: Slips can make you feel guilty. You may also feel like you lack skills or confidence to manage your weight. These thoughts can lead you to give up. If you have a slip, it isn't the end of the world, don't make it bigger than it is.

How to Learn from Slips:

- First, look at a slip as an opportunity. Continue moving forward to meet your health goals.
- Recall the reasons why you are managing your weight and how hard you've worked to get to where you are now.
- Take a problem-solving approach:
  - What led to the setback? Was the trigger a person, place, or thing?
  - Think about what you can do differently if this happens again.

Tips on Managing Slips:

Slips often have clear triggers. You can change the trigger or how you respond to the trigger. Here are some tips:

- **Change** the trigger. For example, use a smaller plate, eat in a different place, or at a different time.
- **Avoid** the trigger. If you know you can't manage it, avoid it. For example, don't eat at a buffet.
- **Substitute** a healthy response for the trigger. For example, choose an apple rather than chips or take the stairs instead of the elevator.

Ask for Help: Use the support of your friends, family, or your MOVE!® team when you have slips.

My Problem Solving Worksheet

1. Describe the problem in detail:

_____

_____

_____

2. Write down the chain of events leading up to the problem and brainstorm options by considering what else you could have done at each event.

Chain of events	My options
1.	
2.	
3.	
4.	
5.	
6.	
7.	

3. Which option would you have picked to break the chain and why?

_____

_____

_____

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Life's Little Pleasures!

Eating can be a great source of pleasure, but this can get in the way of managing your weight. Look for other ways to add joy to your life.

Plan your fun!

Make a list of activities and experiences that you enjoy.

- Look for opportunities to have fun.
- Check out event calendars in the newspaper, on the radio or TV, or online. Go to events that interest you.
- Plan exciting activities, such as dancing, fishing, bowling, golfing, walking with friends, taking a vacation, etc.

"Stop and smell the roses"

Slow down and appreciate everyday things:

- Sleeping
- Taking a walk
- Laughing
- Taking a shower or bath
- Relaxing
- Smelling certain fragrances
- Driving
- Having a pleasant conversation
- Enjoying the sunshine
- Doing something well
- Walking the dog

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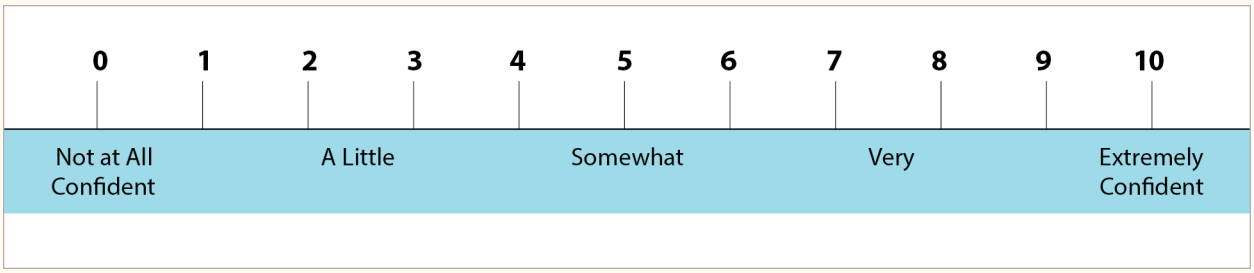
Boost Your Confidence

The more confidence you have to make a change, the more successful you will be. Although many people have doubts about their ability to lose weight and keep it off, it can be done. You can do it!

On a scale of 0 to 10, how confident are you that you will be able to change your eating and physical activity to control your weight?



Here are some suggestions about ways to strengthen your confidence:

- If you are above 0, ask yourself, "What makes this a ____, and not a zero."
- Ask yourself, "What would it take to make that number 2 or 3 points higher?"
- Ask, "What would make me more confident?"
- Arrange to make those things happen.

Recall things you did successfully in the past:

- Remember how you did those things. What did you do to make it happen?
- Think about how you can use the successful techniques from the past to accomplish what you want to do now.
- Keep telling yourself you can do it.

Ask for help. Family members, friends, and your MOVE!® health care team can support and encourage you if you just ask. Spend time with those who offer encouragement. Consider participating in MOVE!® group sessions for extra support. You will feel more confident when you know you have support behind you!

Read about the success of fellow Veterans. Stories of Veterans similar to you are available on the MOVE!® Web site: **http://www.move.va.gov/SuccessStories.asp**

Get started! People almost always feel more confident once they get started with something. So, get moving!

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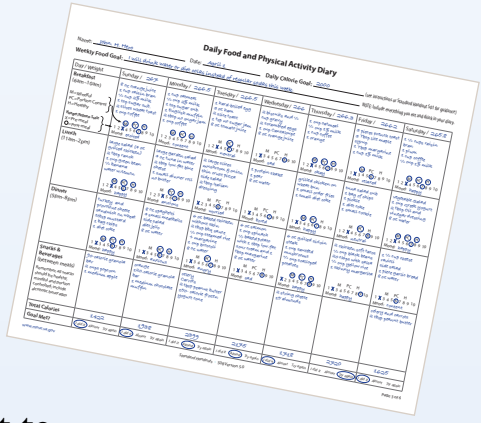
Fit for Life

For a Lifetime: MOVE!® is designed to help you make healthy changes in eating, physical activity, and behavior. The goal is to lose 5–10% of your weight and keep it off.

Five key things that others have done to keep their weight off include:

- Weighing daily.
- Changing what they eat and drink.
- Exercising about 1 hour per day–walking is the most common exercise.
- Eating breakfast every day.
- Watching less than 10 hours of TV per week.

Here are more tips:

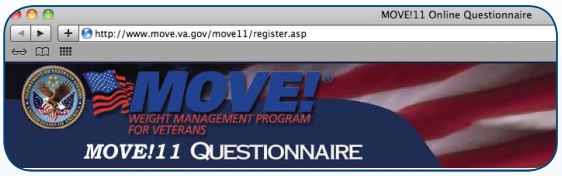


- Keep a food and physical activity diary.
- Continue to be mindful of the healthy changes you have made to lose weight.
- Maintain contact with your health care team.

- Set up a "red flag" to see if your weight is slipping back. For example, you might want to set a 5-pound weight gain as your red flag.

If you slip back, do some problem solving.
Here are some things to try:

- Review why you lost weight in the first place and remember the hard work you have done so far.
- Go back to using your diaries for weight, food intake, and physical activity. Look for problems and set goals to manage these problems.
- Review materials from MOVE!® that helped you before.
- Re-take the MOVE!11 on the Internet, **http://www.move.va.gov/move11.asp**, and read the handouts that address your current difficulties.



- Consider contacting your VA MOVE!® team for ideas; the team wants to help you.

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- Your "Homework" This Week:

- Behavior:
- 1. Identify weight-related problem and work through the steps.
- 2. Be aware of slips and setbacks.

- Nutritional: Keep a food log everyday. Great Job!

- Physical Activity: Keep an activity log daily.