



MOVE!

WEIGHT MANAGEMENT PROGRAM
FOR VETERANS

Session 14 (Keep It Positive)



MOVE!

▶ 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

Body Image

Our society places a lot of value on being thin. An unrealistic body image can keep you from achieving a healthy weight and feeling good about yourself.



Here are some tips for having a more positive acceptance of your body:

- Losing weight is more about starting to **feel good** and having **good health** than it is about having the perfect body. Losing just 5 percent of your weight can improve health.
- Get rid of the thought that you can only be happy if you achieve the perfect body! It's not true!
- Recognize that what your body looks like is **NOT** who you are.
- Focus on what wonderful things your body does for you. It allows you to move, have fun, relax, sleep, and experience lots of great moments.
- Pay attention to the aspects of your appearance you like, such as nice-looking hair, attractive eyes, great smile, and so on.
- The most important people in your life respond to who you are, not what you look like.
- Accepting yourself is important for well-being. You wouldn't judge a book by its cover, would you?

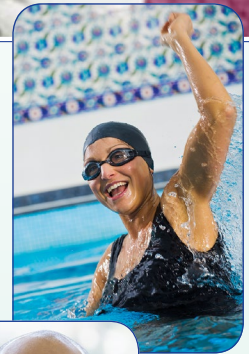


Change Your Thinking about Food, Exercise, and Yourself

**What you think drives what you do.
You can change your thinking.**

Here are some tips:

- Make a firm choice to **get serious about your health.**
- Make **your health** one of your main concerns.
- Realize that **you have control** over your weight.
- Be aware that eating and other lifestyle behaviors have been **learned.** Habits can be **replaced or changed.**
- **Think positively!**
- Tell yourself **you are worth the effort!**
- Recognize that you can **increase your energy and well-being** through physical activity.
- Know that eating and physical activity **need to be balanced.** **You have the power** to tip the scales.
- Know that weight management is a way to **be good to yourself.** Make it a life-long effort.



Irrational Ideas About Eating

There are many myths about eating and food. Sometimes, these beliefs get in the way of managing your weight and eating wisely.



Myth	Myth-Buster
I MUST eat everything on my plate.	I should only eat until I am full.
I MUST eat when it is time for breakfast, lunch, or dinner.	Being mindful of your hunger level will determine what time of day you should eat.
I MUST eat a big dinner in the evening.	All meals should be healthy, portion-controlled, and mindful. There's no reason your last meal of the day should be bigger!
I MUST have 3 square meals a day.	Eating 3 meals a day works for some people. If managing your hunger between meals is difficult, consider eating 5–6 small, healthy meals per day instead.
I MUST eat until I am very full or else I will not be OK.	It takes at least 20 minutes to feel full after you begin to eat. Eating slowly will help you avoid overeating.
I MUST have something to eat to feel better emotionally.	Emotional eating can lead to weight gain. Consider alternate activities besides eating to manage your mood.
I MUST eat it all quickly or I will starve.	Eating is an experience. Eat slowly, savor your food, and enjoy.
I MUST have meat at every meal, or at least every day!	Meatless meals can be healthy, tasty, and affordable.
I MUST eat when others are eating.	Eating with others doesn't need to be the focus of your social activities.
I MUST eat all the food that somebody has fixed for me or they will think I don't like them anymore.	Eating for reasons other than hunger can be problematic. Use your words to express appreciation.

Take Control of Your Thoughts, Feelings, and Behavior

Your thoughts drive your feelings and actions. In most situations or events, if your thoughts are negative, your feelings will be negative and you may act that way.

When you catch yourself feeling bad (stressed, angry, hurt, frightened, anxious, sad, depressed, etc.), stop and ask yourself what is behind these feelings:



1. What have I been thinking or telling myself that has led to this mood?
For example: “I will never be able to lose weight.”
2. Is this thought realistic? Am I making something out of nothing? Is there real evidence for thinking this?
For example: “Is it really true that I can never lose weight?”
3. Is it helpful for me to think this?
For example: “Is it helpful for me to think, ‘I can never lose weight?’”
4. What positive thoughts can I substitute?
For example: “I will never be able to lose weight” can be replaced with, “I can do it!”



MOVE!

- ▶ 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.
 - ▶ Physical Activity: Keep an activity log daily.

***Final waist measurements and the last weigh-in is next week!