



MOVE!

WEIGHT MANAGEMENT PROGRAM
FOR VETERANS

Session 4 (Take Charge of Your Weight)



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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

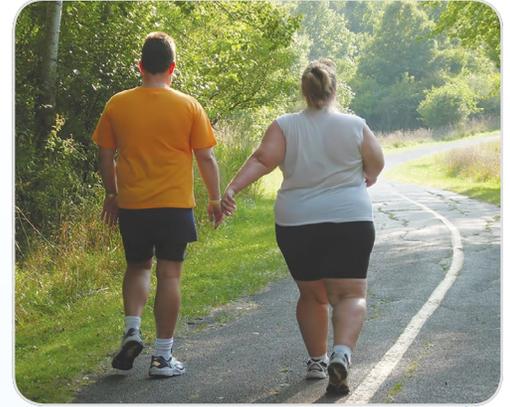
- Claudia Segura, DPT – Physical Therapist
- Extension 5280



Change Your Behavior

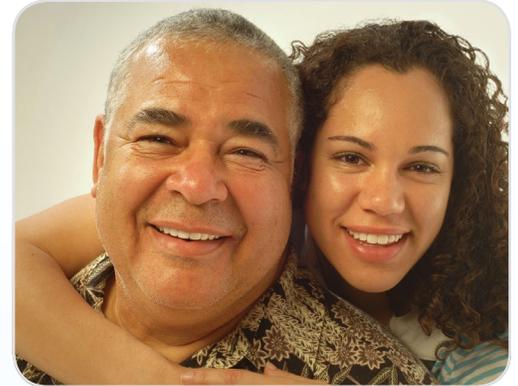
Behavior change is the key to managing your weight.

Changing too many things at once can be difficult and stressful. **It may be better to change one or even two things at a time.** Here are strategies to help you change your behavior over the long-term:



- Decide how important it is for you to change.
 - Why are you making the change?
 - What will it mean for you when you have made the change?
- Decide how confident you are to change.
 - Do you have the skills and support you need to help you make a change? If not, where can you go for help?
- Set short-term **SMART** goals that are:
 - **Specific:** what will you do?
 - **Measurable:** how much and how will you know when you get there?
 - **Action-oriented:** commit to do it!
 - **Realistic:** make a goal you know you can meet.
 - **Time-based:** when will you meet your goal? Give yourself a deadline.
- Learn how to support yourself to make a change.
 - Use the materials given to you by your MOVE!® team.
 - Find out about community resources.
 - Rally support from family and friends.

- Expect setbacks and learn how to overcome them.
 - Setbacks are common.
 - Recall the reasons why you are making this important change.
 - You may have set an unrealistic goal. Put the setback behind you. Set a more realistic goal and start again.
- Reward yourself when you have reached a goal.
 - Do something fun and special for yourself. Be creative.
- Avoid tempting situations and places that make you lose control, like “all-you-can-eat” restaurants.





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?

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?

0	1	2	3	4	5	6	7	8	9	10
Not at All Confident		A Little		Somewhat			Very		Extremely Confident	

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!



Guiding Thoughts and Images

For behavior change, one or two specific positive thoughts or mental images can help guide you. Ask yourself:

- What are your **“guiding thoughts”** and **“guiding images?”**
- What personal thoughts and images motivate you to lose weight?



Use these thoughts and mental images to truly guide you through your weight control efforts. Think about them often!

Examples of guiding thoughts:

- “I want to live to see my grandchildren grow up.”
- “I will feel much better when some of this weight is gone.”
- “I am worth the effort. I am going to do it!”
- “I CAN do this!”



Examples of guiding images:

- I picture myself as a much healthier and happier person.
- I picture myself surrounded by my children and grandchildren.
- I see myself walking regularly, feeling good, and moving easily.
- I see myself feeling really proud of what I have accomplished.





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- ▶ Your “Homework” This Week:
- ▶ Behavior: Identify weight–related problem and work through the steps.
- ▶ Nutritional: Keep a food log everyday.
*Focus on the fats in your diet this week.
- ▶ Physical Activity: Keep an activity log daily.