

Ways to Stay Motivated

Progress Review

Changes you've made to be more active:



Have you reached your activity goal? Yes No

If not, what will you do to improve your progress?

Ways to Stay Motivated:

1. Stay aware of the benefits you've achieved and hope to achieve.

What did you hope to achieve when you started the Group Lifestyle Balance™ Program? Have you reached these goals?

What would you like to achieve in the next three months?

2. Recognize your successes.

What changes in your eating and activity do you feel proudest of?

3. Keep visible signs of your progress.

Post weight and activity graphs on your refrigerator door. Mark your activity milestones on a map toward a particular goal. Measure yourself (waist, belt size) once a month.

4. Keep track of your activity.

Record your activity daily.

5. Consider whether you need to add variety to your routine.

Is it time for you to vary your activity?

6. Manage stress.

Stress is tension or pressure.

Many people react to stress by overeating or being inactive.

What kinds of things make you feel stressed?

What is it like for you when you get stressed?

Use all the skills you have learned in the program to prevent or manage stress

- Practice saying, “No.”
 - Try to say “Yes” only when it is important to you.
- Share some of your work with others.
- Set goals you can reach.
- Take charge of your time.
 - Make schedules with the real world in mind.
 - Get organized.
- Use problem solving:
 - Describe the problem in detail.
 - Brainstorm your options.
 - Pick one option to try.
 - Make an action plan.
 - Try it. See how it goes.
- Plan ahead.
 - Think about the kind of situations that are stressful for you.
 - Plan for how to handle them or work around them.
- Keep things in perspective. Remember your purpose.
 - Think of all of the good in your life.
 - Remember why you joined the program.
- Reach out to people.
- Be physically active.

When You Can't Avoid Stress:

- Catch yourself feeling stressed as early as you can.
- Take a 10-minute "time out."
 - Move those muscles.
 - Pamper yourself.
 - Just take 10 minutes for YOURSELF.
 - Breathe.

Try this: Take a full, deep breath. Count to five. Then let go of your breath slowly. Let the muscles in your face, arms, legs, and body go completely loose.

The Group Lifestyle Balance Program may cause stress:

Possible Source of Stress	Way(s) to manage stress	Examples
Extra time spent in food preparation, shopping.	Share some of your work. Take charge of your time Ask a spouse to help shop.	Make double recipes. Freeze part for later.
Feel deprived when you can't eat favorite foods Set goals you can reach.	Allow yourself to have favorite foods in small amounts now and then.	Remind yourself how important preventing diabetes is to you.
Keep things in perspective. Your family doesn't like low-fat foods.	Use the steps for solving problems Ask your family to support your efforts to try new foods.	Discuss your feelings and your commitment to weight loss with your family. Brainstorm options with them. Try one.
Reach out to people.		
You feel uncomfortable participating in social activities where high-fat foods are available.	Practice saying 'No.' Turn down invitations that aren't important to you. Turn down the invitations that aren't important to you	Call the host of hostess ahead and ask what will be served and if you can bring a low-fat dish. Before you go to the party, plan what foods you will choose.
Plan ahead. You feel stressed by trying to fit activity into an already busy schedule.	Plan Ahead Problem Solve Make an appointment to be active.	Combine activity with other events you plan to do anyhow (Take a walking meeting. Go hiking with the family.)

7. Set new goals for yourself.

Develop ways to reward yourself when you meet each goal.

- Goals: Specific, short-term, just enough of a challenge.
- Rewards: Something you will do or buy if and only if you reach your goal.

What are some non-food ways you can reward yourself for reaching a goal?

8. Create some friendly competition.

- Set up the kind of competition in which you both win.

9. Use others to help you stay motivated.

- Talk with a supportive family member or friend for encouragement.

Stay Motivated

Choose one way to stay motivated that would be helpful to you now.

Make a positive action plan.

I will: _____

When? _____

I will do this first: _____

Roadblocks that might come up

I will handle them by:

I will do this to make my success more likely:

How can we help you?

What's Your Pleasure?

List three things you enjoy doing but rarely do. Choose things that are not related to food and that are easy to do. See the next page for ideas.

- 1.
- 2.
- 3.

Schedule these pleasures into your life.

Get out a calendar. Make appointments with yourself.

As often as possible, schedule your pleasures for the following times:

- When the “old you” might have rewarded yourself by overeating or being inactive. (For example, if you used to eat ice cream or sit down in front of the TV after a hard day at work, plan to buy yourself flowers instead.)
- Right after you've taken a challenging step toward change. (For example, if you've been putting off enrolling in an aerobics class, plan to take a long, hot bath on the night after the first class.)
- When you feel discouraged. Remember, it takes time to change. You deserve to be good to yourself for all of the efforts you make.

Follow through with your plan...no matter how odd it feels.

Treat your appointments with yourself as seriously as you would those with someone else you care about.

Let Me Count the Ways...To Be Good to Myself

- | | | |
|---|--|---|
| 1. Soak in the bathtub. | 21. Remember beautiful scenery. | 42. Have a discussion with friends. |
| 2. Plan my career. | 22. Save money. | 43. Have a family get-together. |
| 3. Collect shells. | 23. Go home from work. | 44. Take a day off with nothing to do. |
| 4. Recycle old items. | 24. Practice karate, judo, yoga. | 45. Arrange flowers. |
| 5. Go on a date. | 25. Think about retirement. | 46. Have sex. |
| 6. Buy flowers. | 26. Repair things. | 47. Ride a motorcycle. |
| 7. Go to a movie in the middle of the week. | 27. Work on my car or bicycle. | 48. Practice religion (go to church, pray). |
| 8. Walk or jog. | 28. Remember the words and deeds of loving people. | 49. Go to the beach. |
| 9. Listen to music. | 29. Wear sexy clothing. | 50. Sing around the house. |
| 10. Recall past parties. | 30. Have a quiet evening. | 51. Go skating. |
| 11. Buy household gadgets. | 31. Collect coins. | 52. Paint. |
| 12. Read a humor book. | 32. Take care of my plants. | 53. Do needle point, crewel, knitting, sewing, etc. |
| 13. Think about my past trips. | 33. Buy or sell stock. | 54. Take a nap. |
| 14. Listen to others. | 34. Go swimming. | 55. Entertain. |
| 15. Read magazines or newspapers. | 35. Doodle. | 56. Go to a club meeting. |
| 16. Do woodworking. | 36. Collect old things. | 57. Go hunting. |
| 17. Build a model. | 37. Go to a party. | 58. Sing with groups. |
| 18. Spend an evening with good friends. | 38. Think about buying things. | 59. Flirt. |
| 19. Plan a day's activities. | 39. Play golf. | 60. Play a musical instrument. |
| 20. Meet new people. | 40. Play soccer. | |
| | 41. Fly a kite. | |

My Personal Lifestyle Contract

Congratulations on completing the weekly sessions of the Group Lifestyle Balance™ Program!

Now is the time to set the goals that you will carry with you as we move into the next phase of the program.

What is my purpose now? Start by answering these questions.

Why is reaching and staying at a healthy weight and being active important to me?

Activity Goals

- I plan to do at least _____ minutes per week of moderate physical activity similar to brisk walking.
- I will slowly increase my steps until I reach an average of 7,000 or more per day.

_____ plus 250 = _____

Average steps per day last week. Next week's goal for avg steps/day.

Social Support

I will seek support for my lifestyle goals by:

To Do:

I will:

- Keep track of my weight, eating, and activity.
- Continue to record activity minutes.
- Try to do the three things I enjoy doing listed on page but rarely do.

Choose things that are not related to food and that are easy to do. See page 10 for ideas.

- 1.
- 2.
- 3.

Schedule these pleasures into your life.