

This is where it counts...




Staying In The Game
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Congratulations!
What changes have you made?



First things first:

1. Write your weight on your chart.
2. Draw a line from your 15th week's weight to the 16th.
3. Have you come to the end of your chart? Look at your graph. Make a note on how you have been doing, and what (if anything) you'd like to change.
4. Take out your F&F Log.
 - a) **Were you all able to fill it out each day?**
 - b) Make a note about how you did this week.



What's Next?

- Now is when you begin to move forward (a little) more on your own.
- This is also where we will take stock of where we are.
- It's like driver's education...
- You **MUST** begin to learn to trust yourself and **celebrate success** – this is another small **step toward that.**

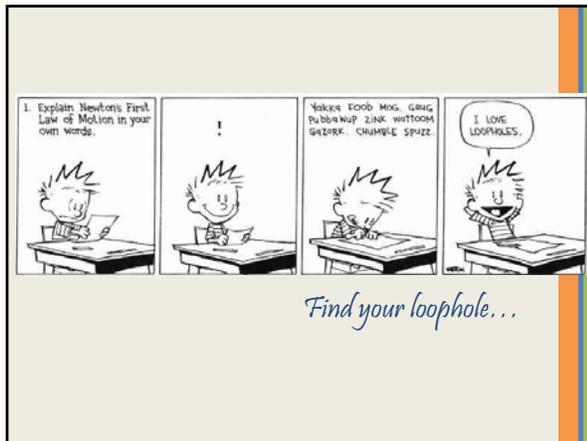


What's Next?

- 6 monthly webinars – **Wednesdays from 12-1.**
- Individual sessions with program leaders via telephone – 1x/month for next 2 months, then at least 3 more in the last four months.
- Goal Setting and Achieving.
- Self-monitoring!

What's Next - Status Check

- **By June 26th, please send us**
- A copy of your completed **"How Am I Doing?" weekly weight record**, including your most **recent weight measurement.**
- A **full week of your log** including:
 1. **EVERYTHING** you eat and drink, including water.
 2. All **DELIBERATE** activity/exercise you do each day – *walks, classes, cleaning the house, active play with kids - anything you do purposefully to be more active.*
- **REMEMBER** – *this information is to help us help you better reach your goals. It is for this program's use ONLY. Be honest – be complete.*



Public Enemy #1: *Lack of Motivation*

- Staying motivated is one of the biggest challenges for many people.
- As you succeed, your source of motivation is removed.
- Or...you struggle and become exhausted.



Lose the Excuses!

- Take responsibility for your own situation.
- Make the decision to change.
- Take Action!
- Talk yourself into it rather than out of it.
- Visualize your outcome. Remember how great you'll feel once it's done. Look ahead. Find your own carrot.
- Find patterns that work for you.
- Reward yourself!

Though no one can go back and make a brand new start, anyone can
start from now



and make a brand new ending.

~Author Unknown

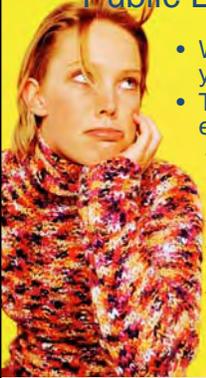
Top 5 Motivation Tips

- Keep your focus by making a list and putting it in plain sight.
- Set your goals and be VERY realistic.
- Plan a treat for yourself when you have a good week.
- Take a picture of yourself in a swimsuit or form fitting outfit. Repeat the picture each month. Compare changes over time.
- Read inspirational stories of other people who have lost weight. Check out www.runsforcookies.com.

Tips to *Stay Motivated*

- Post the graph of your weight loss on the refrigerator door.
- Participate in competitions or events.
- Make appointments with friends or family.
- Continue to keep track of your progress and monitor your goals.
- **Continue to record what you eat at least one week per month.** *Don't let it sneak up on you again!*
- Weigh yourself at least once per week.
- Add variety!
- Celebrate your success!
- Engage in a competition with yourself or others.
- Call Us!

Public Enemy #2: *Boredom*



- What meals/snacks/foods are you most bored with?
- Think of new ways to vary your eating. It is an art.
 - Make one night a “try a new dish” or “ethnic night” or “vegetarian night.”
 - Go out to eat. What??
 - Chase information – magazines, Internet, classes, friends, family.
 - “share a recipe” party, prepare meals together, try new foods.

Reward Yourself!

“Rewards” are as simple or complex as you like.

- “I’ll go for a walk and then I’ll call a friend and chat.”
- “I’ll have a wonderful, healthy meal and then take a bubble bath.”
- “I’ll keep track of my food for a week, and then buy myself flowers.”
- “I’ll save the money I’d have spent eating out/buying that double caramel macchiato/buying snack foods and buy a <fill in the blank> instead.”

4 Keys to Success

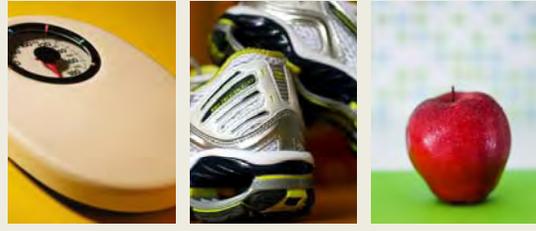
Getting to and Maintaining a Healthy Weight

1. Low-calorie diet
2. Regular and varied exercise
3. Very little (1hr. or less/day) television.
4. Eating Breakfast EVERY day



Unlock your potential

What Are YOUR Goals?



1. Weight Loss
2. Exercise
3. Healthy Habits

Meet your goals?

- **Continue to** review and revise goals as you move forward. **Write** them down.
- Think through and **write down** barriers you think you may run into.
- Write down how will you work around those barriers.
- If you need to change your goal – DO SO!
Remember, achievable, specific, measurable, time for completion.

Tip: Write your goals in your binder. Post them on your mirror. Put a reminder in your Outlook calendar. Write them in your food and fitness log. Schedule them into your day.



1. SEND us a copy of the chart and log by **December 3.**
2. DO what you’ve decided that you will to meet your goals.
3. RECORD your food, fitness and weight in your log **at least 1 week.**
4. PRINT another food and fitness log as needed.
5. BRING your binder and log to our next webinar.

Our next meeting is **Wednesday, December 19 from 12-1pm.**

Remember, our **last weekly meeting is today.** We are switching to monthly meetings on **Wednesdays starting on December 19, 2012.**

