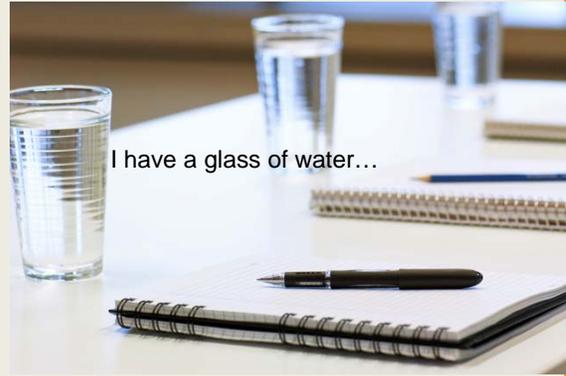
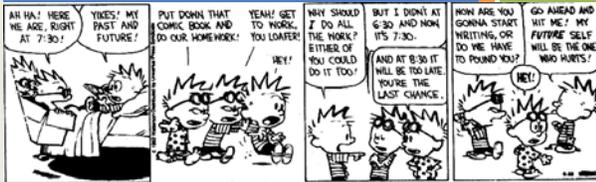


## Beginning to Trust Yourself— Applying what you've learned

Kim Pullman, RD, LN  
Deb Rapaport, RN, BSN



### *First things first:*

1. Write your weight on your chart.
2. Draw a line from your seventh week's weight to the eighth.
3. Take out your F&F Log.
  - a) Were you all able to fill it out each day?
  - b) Are you seeing the results you want at the calorie level you are at?
  - c) Make a note about how you did this week.



### *What is "Trusting Yourself"?*

- The confidence to know that you can make the right decision.
- It is also being able to forgive yourself and learn from mistakes.
- Not being afraid to step outside your comfort zone.
- This goes back to self-efficacy.
  - Do you often wonder if something is "all right" to eat or do?
  - Do you trust your knowledge enough to make that decision?

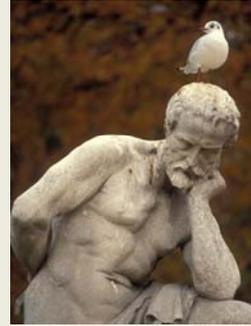
## Improving your decisions

- This is about building habits in a supportive environment that you can KEEP.
- Making good decisions is based on knowledge.
- New house or renovation?
- The next time you wonder what the right decision is – flex your brain!



## Flexing your brain

- While eating out.
  - At Family Events, restaurants, sporting events, unexpected situations.
- While at the Grocery Store.
- While at Home.
- While at Work.



## Eating “Out”

- *Restaurants*
  - Plan Ahead
  - Ask for what you want
  - Take Charge of Your Environment
  - Choose Foods Carefully



## Menu Examples

Oh, I wish I'd remembered my Calorie King book...



## Eating "Out"



- *Another Person's Home*
  - Plan Ahead
  - Ask for what you want
  - Take Charge of Your Environment
  - Choose Foods Carefully

## Eating "Out"

- *Potlucks, Conferences, Banquets, Concessions?*
  - Plan Ahead
  - Ask for what you want
  - Take Charge of Your Environment
  - Choose Foods Carefully



## Asking For What You Want

- Begin with "I"
- Use a firm, friendly voice that can be heard.
- Look the person in the eye.
- Repeat your needs until you are heard.
- Let's practice.

## The Grocery Store

- Remember to Plan Ahead!!
  - Make a list and stick to it
  - Be full and satisfied
  - Shop the perimeter of the store.
  - Only buy foods you were already planning to buy (they are on your list) based on specials/coupons.
- Remember label reading? Examples.
- Look at your cart before you check out.



### *While at Home*

- Environmental Cues. (week 6)
- Social Support. (week 7)
- Problem Solving. (week 7)
- Incorporate Safe Down-Time for your brain.
- Missing Something?



### *Speaking of Support...*



### *While At Work*

- Snack Smart
- Social Support
- Environmental Cues
- Staying well-fed for superlative performance.



### *More Resources*

- [http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/DiningOut/Dining-Out\\_UCM\\_304183\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/DiningOut/Dining-Out_UCM_304183_SubHomePage.jsp)

*Remember YOUR Goals?*



1.  
Weight Loss



2.  
Exercise



3.  
Healthy Habits

**Review all three goals**

- How are they working?
- Are you meeting them?
- If you need to change your goals – 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.*



*Positive Thinking*

- The slip is not the problem. The problem is if you don't get back on your feet again and going towards your goals.
- No one time of overeating or not being active, no matter how extreme, will ruin everything.
- Slips are the **ONLY** way you can become experienced and confident in yourself.



*This Week:*

1. DO what you've decided that you will to meet your goal.
2. PRINT another week for the food and fitness log.
3. RECORD your food, fitness and weight in your log.
4. BRING your binder and log to our next webinar.

Our next meeting is **Monday from 12-1pm.**

*Let us know if you have any questions during the week.*

