



Staying in the Game

KIM PULLMAN, RD, LN
WELLNESS PROGRAM
MANAGER

Health Care & Benefits
Division

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Congratulations!
What changes have you
made?



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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.



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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.



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What's Next?

- 6 monthly webinars
- Add health coaching now if you would like to!
- Goal Setting and Achieving.
- Self-monitoring!



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Status Check

Please send:

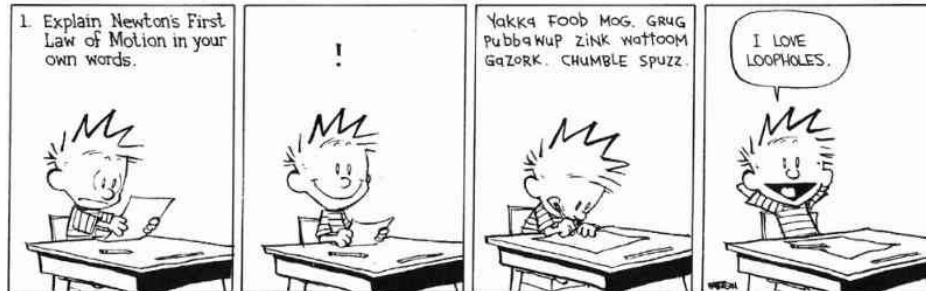
- A copy of your completed “How Am I Doing?” weekly weight record, including your most recent weight measurement.
- A full week of your log including:
 1. EVERYTHING you eat and drink, including water.
 2. All DELIBERATE activity/exercise you do each day – *walks, classes, cleaning the house, active 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.*



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Find your loophole...

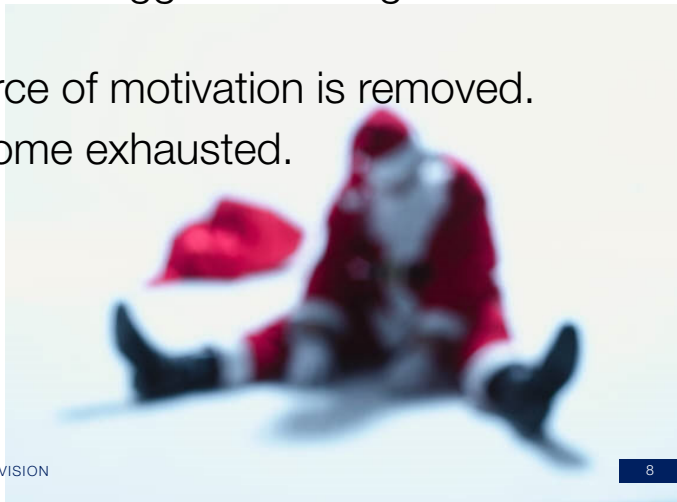


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Public Enemy #1: Lack of Motivation

- 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.



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Lose the Excuses!

- Take responsibility for your own situation.
- You can't beat someone who won't give up!
- 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!



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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

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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.



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More 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!



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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.



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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 sugary coffee drink/buying snack foods and buy a <fill in the blank> instead.”



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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.*

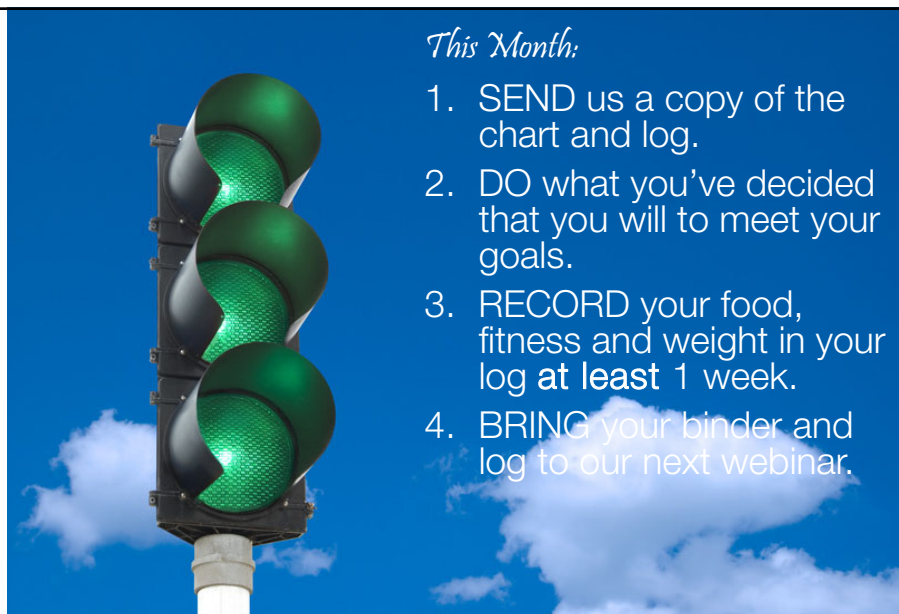
Tip: Write your goals in your binder. Post them on your mirror. Put a reminder in your Outlook calendar. Write them in your food and fitness log. Schedule them into your day.



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This Month:

1. SEND us a copy of the chart and log.
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. BRING your binder and log to our next webinar.

*Remember, our **last weekly meeting is today.** We are switching to monthly meetings for the next 6 months.*

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Your Turn