

# Take Charge of Your Weight

## Session Overview

This session addresses the techniques for solving weight management-related problems.

## Objectives for Session

1. Explain weight management problem-solving
2. Understand the 5 steps to problem-solving
3. Complete a problem-solving case example and/or partner activity

## Session Preparation

- Prepare the following materials:
  - My problem-solving worksheet
  - S09 Change Your Behavior
  - B13 Boost Your Confidence
  - B14 Guiding Thoughts and Images
  - “Strive for a Healthy Weight” Healthy Living Message
  - NCP video – Managing Your Weight
  - Share link to [Startmovingforward.org](http://Startmovingforward.org) or [www.veterantraining.va.gov](http://www.veterantraining.va.gov)
- Prepare to evoke as much information as possible from the group.
- As coach, your role is to facilitate discussion without lecturing.

## Session Outline (60-minute class)

- Check-in (5 minutes)
- Discussion Topics (40 minutes)
- 5-Minute MOVE!<sup>®</sup> (5 minutes)
- Putting It All Together (10 minutes)

## Check-in (5 minutes)

- Facilitate weigh-ins; enter weight into the CPRS Vital Signs package.
- Collect Daily Food and Physical Activity Diaries.

## Discussion Topics (40 minutes)

### Introduction

- Welcome everyone to the session.
- Review Ground Rules.
- Describe the purpose of today's class. State today's objectives and discussion topics. Encourage participants to attend all 16 sessions, since folks who do more sessions lose more weight.
- Invite participants to discuss their homework, daily food and activity diaries, progress, and goals since the last class.
- Facilitate group problem-solving for any barriers, with an emphasis on asking permission before offering advice (i.e., "May I make a suggestion?").

### Discussion #1: How do I solve weight management problems?

- Introduce the concept of the 5 steps to problem-solving and examples of weight management problems. Ask participants, "When you have a problem at home, how do you go about solving it?"
- Discuss being realistic and understanding that problems will occur.

### Discussion #2: What are the 5 steps to problem-solving?

- Ask participants to share a weight management problem they have experienced and use this as an example to identify the 5 steps to problem solving listed below. Write the steps on a flip chart (or show slides) as you discuss them.
  - Step 1: Describe the problem in detail.
  - Step 2: Brainstorm your options – ask group to define brainstorming, no bad ideas, quantity over quality...
  - Step 3: Pick one option to try.
  - Step 4: Make a positive action plan.
  - Step 5: Try it and see how it goes, adjust as needed.
- Keep the following tips in mind as you encourage participants to solve their problems:
  - Many things can get in the way of successful weight management, but problems can be solved.
  - Brainstorming allows people to see that they are not powerless to change their situation.
  - When choosing an option:
    - Weigh the pros and cons.
    - Choose an option that is doable and realistic.

- Tips for making a positive action plan:
  - Ask group for ideas about how to make an action plan – maybe offer the first one, and evoke their ideas after that.
  - Describe in detail what you will do.
  - Determine when you will do it.
  - Identify what you will do first.
  - Make a plan for any roadblocks (barriers).
  - Build in steps that will make success more likely.
- It often takes many tries to find a solution.
- Problem-solving is a process. Don't give up!

### **5-Minute MOVE!® (5 minutes)**

Incorporating physical activity into the session reinforces the healthy lifestyle message and provides opportunity to demonstrate some simple but effective exercises.

**Ask participants to join you, if they wish, in doing the following warm-up and flexibility exercise:**

Invite participants to stand up and march in place for 2-3 minutes. If they cannot stand, invite them to lift their knees while seated, as if marching.

**Then, after 2-3 minutes, invite them to perform the following:**

#### **CHEST STRETCH:**

Extend your arms behind you with elbows straight. Interlock your fingers if possible. Gently raise your arms upward. Take a deep breath in and let it out slowly. You should feel a stretch across your chest.



### **Discussion #3: Using personal examples and partner activities**

- Using the 5 steps to problem-solving and the My problem-solving worksheet, ask participants to pair up and discuss one problem for each and complete the steps and worksheet. Answer any questions that arise and allow time for group discussion.

## Putting It All Together (10 minutes)

### Session recap:

- Refer to handout S09 Change Your Behavior, and suggest that participants review this periodically.
- Refer to handouts B13 Boost Your Confidence and B14 Guiding Thoughts and Images as additional resources to maintain a positive attitude when dealing with problems.
- Ask, “What was most helpful today? What could have been better?”

### Goals and action planning for the next week:

- Have Veterans review Handout B13, *Boost Your Confidence*. Ask them to identify how confident they are about losing weight. Use the ruler on the handout as a guide.
- Ask Veterans to use the problem-solving worksheet to identify a weight-related problem and work through the steps.

### Homework for next week:

- Remind participants to continue logging in their Daily Food and Physical Activity Diary and to bring the diary and their pedometer to every session.
- Provide information necessary for attending the next session (date/time/location, etc.).

### Topic for next week:

Go Good Fat