

# Maintain Your Momentum

## Session Overview

This session will assist you in maintaining lifelong, permanent, healthy lifestyle changes.

### OBJECTIVES FOR SESSION

1. Review your progress
2. Prepare to maintain your momentum
3. Learn how to deal with boredom
4. Understand when you need to ask for help
5. Identify strategies to stay motivated

### SESSION PREPARATION

- Prepare the following:
  - Progress review worksheet
  - B06 Yes! You Can Keep That Weight Off!
  - M08 Keep Your Health
- The following materials may also be helpful for facilitator review when planning the session or for participants to review independently, after session:
  - B19 Dealing with Boredom
  - Why I have joined MOVE! worksheet that they completed in the first session
  - S11 Getting the Most out of MOVE!
- Prepare to evoke as much information as possible from the group.
- Your role is to facilitate discussion without lecturing.

## **Session Outline** *(60 minutes)*

- Check-in (5 minutes)
- Discussion Topics (40 minutes)
- Stretch Activity (2 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 and congratulate completers on their success in continuing this..

### **DISCUSSION TOPICS** *(40 minutes)*

#### **Introduction**

- Welcome everyone to the session and congratulate on making it to number 16!
- Review Group Guidelines only if needed, unlikely at this point.
- Describe the purpose of today's class. State today's objectives and discussion topics.
- Invite participants to discuss their homework, Daily Food and Physical Activity Diary, goals, progress, and challenges since the last class.
- Facilitate group problem-solving for any barriers.

#### **Discussion #1: Did I reach my goal?**

- Present certificates to participants who have completed the program. As each participant gets a certificate, invite them to share why he/she joined MOVE! and what they are most proud of in their weight management efforts.
- After the certificates have been handed out, remind the group that it is beneficial to review progress regularly. Setting short-term goals is essential for successful weight management, but reviewing the overall goal can be a great motivator. Ask participants to look at their [Why I have joined MOVE! worksheet](#), completed during the first session. Discuss how they now feel about their overall goals and progress in the program. You may choose to refer to handout [S11 Getting the Most out of MOVE!](#) as a reminder.
- Distribute the progress review worksheet. If possible, provide each participant with a graphic representation of their weight loss (which may be obtained via CPRS Vital Signs charts.) Ask participants to carefully review changes they have made to be more active and to make healthy food choices. Suggest that they complete the worksheet and revisit it regularly. Offer to provide participants with additional copies of this worksheet if they want to use it as a self-management tool.

## **Discussion #2: How do I keep it going?**

- Ask the group to discuss ways to stay motivated using the headings listed in the box below. Take feedback on the flip chart and summarize.

### **Suggestions to keep motivation going:**

- Remember why you started the program.
  - Recognize your successes.
  - Keep signs of your progress visible.
  - Tackle your boredom.
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- Remind the group that tracking food and activity in the [Daily Food and Physical Activity Diary](#) or another electronic tracker is a powerful motivator and a great visible sign of progress. Daily tracking is linked with ongoing success.
  - Distribute handout [B19 Dealing With Boredom](#) and remind participants that they may have some dips in their motivation for weight loss or maintenance.

### **Stretch Activity** (2 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 stretch activity.**

Invite participants to stand up if they are able. If not, they may remain seated.

#### **Simple Stretch:**

Extend your arms overhead with elbows straight. Lower arms to sides and reach away from your body. Reach arms behind you and extend away from your body within your comfort zone.

### **Discussion #3: What can I do to recharge my plan?**

- Ask participants to list one thing they have learned that will help them to maintain their weight loss effort after the group sessions. Make a list on a flipchart or board. Distribute MOVE! handout [B06 Yes! You Can Keep That Weight Off!](#) for further discussion, if needed.
- Suggestions to keep motivation going include:
  - Remember benefits achieved.
  - Keep track of calories, physical activity, and weight.
  - Consider adding variety to your diet or exercise plan.
  - Manage stress.
  - Set new goals.
  - Create friendly competition.
  - Use others to help you stay motivated.

### **Discussion #4: How do I know when I need help?**

- Ask the group to make a plan for continuing self-management outside of the group setting.
- Invite them to list things to consider, that have been most helpful to success so far. After reviewing ideas with the group, ask if it's ok to share more, and offer any of the following that have not been mentioned:
  - Continue to record food intake and physical activity.
  - Check and record weight on a regular basis.
  - Figure out an amount of weight gain that prompts an action. (e.g., 5-lb. weight gain).
  - Specify the action plan to get back on the program.
  - Determine when to contact the MOVE! team if self-management is not enough.
  - Identify ongoing supports, such as MOVE! Coach to boost motivation along the way.

## **PUTTING IT ALL TOGETHER (10 MINUTES)**

### **Session recap:**

- Summarize key discussion points.
- Since today is the last group session, ask Veterans to develop a plan about what to do next.
- Ask, "What was most helpful today and in general throughout your MOVE! experience? What could have been better?"

## What's next?

By the end of the group sessions, participants have formed a cohesive supportive unit and some may have concerns about “going it alone.” Reassure the group that this is a normal response. Explain that while the group sessions are at an end, the MOVE! team is available to support them in self-managing their weight. Some facilities encourage participants to communicate with each other for ongoing support.

Some facilities may also offer an ongoing support group. Have information available for both in-person maintenance or peer support and free online support-type groups, such as MOVE!, MOVE! Coach, or community-based programs.

This is also a good time to remind the group of the many skills they have acquired during the sessions, as well as the things they have learned. You may wish to prepare a flipchart list similar to the one below, or make a list with the group during the session, as time allows.

### Skills

- Self-monitoring
- Planning and preparing
- Problem-solving
- Goal setting
- Record-keeping
- Time management
- Taking charge of what's around you
- Managing slips and plateaus
- Positive thinking
- Staying motivated

### Knowledge

- What's in your food
- Healthy food choices
- How to recognize fats
- Types of physical activities
- How to warm up and cool down
- Understanding energy intake versus energy output
- Understanding serving size
- Understanding food labels
- Knowing how hard to exercise and when to stop

- Tell the group how far you think they have come and, hopefully how accomplished/proud they might feel. Remind them that they have all the tools to be successful.
- Thank them for their continued attendance and participation, for sharing with each other and being open about difficult issues.
- Discuss how follow-up will be handled, specifying participant and clinician responsibilities. Refer to handout [M08 Keep Your Health](#) for some specific examples.
- Consider a novel approach to closing the group. For example, ask participants the following: “If I bump into you a year from now and I ask you how your weight management is going, what would you like to say to me?”

Allow the group to spontaneously respond to the question and then encourage those who have been quiet to comment.