



## Keep it Going

### Session plan for group leader

#### About this session:

This session addresses maintenance issues. It is unlikely that any participant will have reached his/her total weight loss goal by the end of the group sessions. Remember that the overall focus of *MOVE!* is to assist the patient in making lifelong healthy lifestyle changes. By the end of the session, participants will have had the opportunity to:

- Review progress
- Consider how to deal with weight plateaus
- Discuss how to stay motivated and deal with boredom
- Discuss maintaining weight management outside of the group setting

#### To do before this session:

- Review the [Introduction to Group Sessions](#). This provides an overview of facilitating groups and offers guidance on group size, format etc.
- Organize materials for the session:
  - Paper, pens, flip chart/white board
  - Tennis ball
  - *MOVE!* handouts:
    - [\(B06\) Yes! You Can Keep That Weight Off!](#)
    - [\(M02\) Handling Weight Plateaus](#)
    - [\(B19\) Dealing With Boredom](#)
  - Worksheets
    - [Progress Review Worksheet](#)
    - [Why I am Going to MOVE! worksheet](#) (completed from the orientation session)

#### Introduction (may take 15-20 minutes):

- Conduct individual weigh-in in private (can also be done at the end of the session). Enter weight into the CPRS Vitals Signs package.
- Welcome everyone to the class.
- Revisit ground rules for the session (set new rules if appropriate)
- Invite participants to discuss their progress/goals since the last class.
- Review food and activity diaries and facilitate problem-solving for barriers.
- Discuss any homework from the last class.
- Discuss the purpose of today's session.
- Encourage questions and comments.

#### Exercise 1: Review your progress

- Remind the group that it is very 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 Am](#)

[Going to MOVE! Worksheet](#), completed during the orientation session. Ask how they now feel about their overall goals for the program?

- Distribute the [Progress Review Worksheet](#). Ask participants to carefully consider changes they have made to be more active and to make healthy food choices. Ask that they complete the worksheet and to revisit it regularly. Consider providing each participant with additional copies of this worksheet. Suggest that they use it as a self-management tool after the group sessions.

## Exercise 2: Coping with weight plateaus

### Weight Loss Plateaus:

There is no official definition of a weight plateau, but many define the weight loss plateau as a failure to lose weight or inches for at least four weeks.

- Discuss this definition with the group. Ask participants to talk about their experiences with weight plateaus and solicit possible solutions. Take feedback on the board.
- Use *MOVE!* handout [\(M02\) Handling Weight Plateaus](#) to generate more solutions and consider the following points for discussion.
  - Is this really a weight plateau or have you somehow slipped in your weight loss efforts. Review your [Food and Activity Diary](#) to see if you can find where you may have slipped.
  - Keeping track of everything you eat and drink and your physical activity. This will help you kick start your weight loss efforts.
  - Consider shifting your focus a little. For example, if you have been working hard on reducing foods high in fat, try cutting down on carbohydrates. If you have been doing lots of strength exercises, try increasing your aerobic activity.
  - If you have been on a low calorie diet, consider mixing it up a little. Sometimes the body thinks it's in starvation mode and reduces its metabolism as a coping mechanism. By temporarily increasing the number of calories you eat in a day, you may actually be able to kick-start your metabolism again.

## Physical activity break

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 in doing the following flexibility exercise:

**LEG EXTENSIONS:** Sitting up very tall with feet flat on the floor, knees together, straighten the right leg as much as you can while keeping your foot flexed. Bend the knee and lower the foot back down. Touch the heel lightly to the floor (don't rest all the way down) and repeat the leg extension for 16 reps. Switch to the other leg. Make sure your knees stay at the same level (i.e., don't let the knee of the working leg drift up or down).



## Exercise 3: Stay Motivated

- Ask the group to discuss ways to stay motivated using the headings listed in the box below. Take feedback on the board 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.
- Set new goals.

- Remind the group that tracking food and activity in the [Food and Activity Diary](#) is a powerful motivator and a great visible sign of progress.
- Distribute *MOVE!* handout [\(B19\) Dealing With Boredom](#).

## Exercise 4: Maintaining weight management efforts after the group sessions

- 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. Distribute *MOVE!* handout [\(B06\) Yes! You Can Keep That Weight Off!](#) for further discussion.

## Exercise 5: Continuing self-management

- Ask the group to make a plan for continuing self-management outside of the group setting.
- Things to consider:
  - Continue to record food intake and physical activity.
  - Check weight on a periodic basis.
  - Figure out an amount of weight gain that prompts an action.
  - Specify the action plan to get back on the program.

- Determine when to contact the *MOVE!* Team if self-management is not enough.

### Exercise 6: Closing the group sessions

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!* multidisciplinary team is there to support them in self-managing their weight. Some facilities may offer an ongoing support group. If so, provide the necessary information. 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.

Skills	Knowledge
<ul style="list-style-type: none"> <li>• Self-monitoring (record keeping)</li> <li>• Planning and preparing</li> <li>• Problem solving</li> <li>• Goal setting</li> <li>• Record keeping</li> <li>• Time management</li> <li>• Taking charge of what’s around you</li> <li>• Managing slips and plateaus</li> <li>• Positive thinking</li> <li>• Staying motivated</li> </ul>	<ul style="list-style-type: none"> <li>• What’s in your food</li> <li>• Healthy food choices</li> <li>• How to recognize fats</li> <li>• Types of physical activities</li> <li>• How to warm-up and cool-down</li> <li>• Understanding energy intake versus energy output</li> <li>• Understanding serving size</li> <li>• Understanding food labels</li> <li>• Knowing how hard to exercise and when to stop</li> </ul>

- Tell the group how far you think they have come and how proud you are of their progress.
- Discuss how follow-up will be handled (e.g., return to *MOVE!* Level 1 Self-management support).
- 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.