

Ready, Set, GOALS

Session Overview

This session explains the MOVE!® program and reviews weight self-management, being involved in your health care, goal setting, and logging food and physical activity regularly.

Objectives for Session

1. Learn about MOVE!®
2. Meet your teammates
3. Discuss weight self-management
4. Set goals for weight loss, physical activity, and diet

Session Preparation

- Prepare the following materials:
 - S02 Set Your Weight Loss Goals
 - S08 Food and Physical Activity Diary
 - M06 Body Mass Index
 - Why I have joined the MOVE!® Program worksheet
 - S11 Getting the Most out of MOVE!®
 - “Be Involved in Your Health Care” Healthy Living Message
- Facilitate the session so that most of the talking comes from the participants and less from the leader.
- 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!® (5 minutes)
- Putting It All Together (10 minutes)

Check-in (5 minutes)

- Facilitate weigh-ins; enter weight into the CPRS Vital Signs package.

Discussion Topics (40 minutes)

Introduction

- Welcome everyone to the session.
- Use an icebreaker for participant and team member introductions.
- Establish Ground Rules.
- Describe the purpose of the orientation class and give an overview of the other sessions in the program. Clarify logistics such as length of each session (60 minutes) and location. Discuss expectations for participants, including active participation in discussions and attendance. Encourage participants to attend all 16 sessions, since folks who do more sessions lose more weight.

Discussion #1: What is MOVE!®?

- MOVE!® is the weight management program designed to help Veterans self-manage their weight loss through learning, discussion, reflection, and the support of others. The group sessions will focus on the various aspects of weight management including nutrition, physical activity, and behavior change. Refer to M06 Body Mass Index, briefly explain how BMI is determined, and ask each participant to use the chart to find his or her BMI.
- If desired, facilitator can share a MOVE!® success story and outcomes such as 500,000+ Veterans have participated, total pounds lost, or video of Success Story.

Discussion #2: What is weight self-management?

- When I say “weight self-management,” what thoughts come to mind?
- Write the word “Self-Management” on a flipchart or board and then record participants’ responses to the question above.

Self-Management Defined:

Start by asking what they think “self-management of weight” means. If no one gives input, offer this definition: Self-management means partnering with your health care team to lose weight. It means that you:

- Understand, actively participate in, and take responsibility for your weight management.
- Set your weight loss goals with guidance from your team.
- Learn new skills to achieve these goals, such as:
 - Self-monitoring
 - Planning and preparing
 - Problem-solving

- Ask participants to discuss the definition and answer any questions that arise.
- Explain that skills such as planning, preparing, and problem-solving will be addressed during later sessions and that the remainder of this session will focus on goal setting and self-monitoring.
- “It takes two! We talk about this being a supported self-management program, but we’re both involved. I see that my role in MOVE!® is to provide you with the nutrition, physical activity, and behavior change knowledge, tools, information, and resources for weight loss. I see your roles as deciding what will work best for you and implementing it. Based on your health outcomes, we’ll figure out together what else you need to continue to be successful.”

Discussion #3: How involved should I be in my health care?

- Use the handout S11 Getting the Most out of MOVE!® and the Be Involved in Your Health Care Healthy Living Message and/or video to facilitate a conversation about being involved in weight loss and behavior change.

5-Minute MOVE!® (5 minutes)

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

This is also a good opportunity to share with participants the negative effects of prolonged sitting and inactivity in general and the surprising benefits of even 5 minutes of stretching.

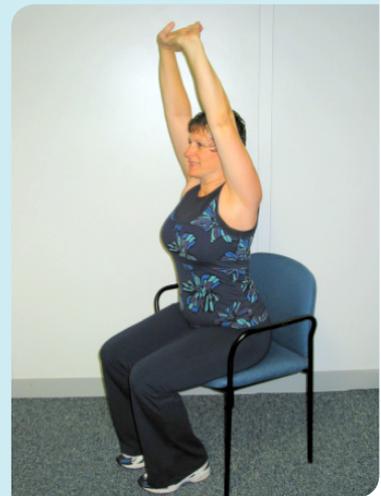
Ask participants to join you, if they wish, in doing the following warm-up and flexibility exercise:

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:

Overhead Stretch:

Extend your arms overhead with elbows straight. Interlock fingers if possible. Keep your back and neck straight. Take a deep breath in and then let the breath out slowly. You should feel a stretch in your shoulders and upper back.



Discussion #4: How do I set goals and make action plans?

- Distribute the Why I have joined the MOVE!® Program worksheet and ask participants to complete it (be mindful of those who may have literacy problems; give an option to orally express an answer).
- Invite participants to share their answers and to keep this worksheet as a reminder of why they are entering the program.

- Use MOVE!® handout S02 Set your Weight Loss Goals to discuss the importance of setting SMART goals and reviewing those goals at each session. Remind participants to set realistic, achievable goals.

Discussion #5: How do I log my Daily Food and Physical Activity Diary?

- Discuss how weighing daily and keeping a log are extremely important behaviors that will help achieve weight loss goals. Ask participants how they feel about keeping a log and allow the group time to come up with solutions to any difficulties discussed. Use your motivational interviewing and TEACH skills, such as reflection, when responding to any challenges or feelings raised. Invite group members to respond to each other.
- Distribute handout S08 Daily Food and Physical Activity Diary.
- Ask participants to log food and activity for the duration of the program. For now, recommend that participants simply write down all food and drinks consumed and any physical activity completed each day. Explain that the diary will be the focus of discussion at every session.

Putting It All Together (10 minutes)

Session recap:

- Summarize key points discussed during today's session.
- Ask, "What was most helpful today? What could have been better?"

Goals and action planning for the next week:

- Go around the group and invite Veterans to share their goals. Ask the group to help those who are having difficulty setting goals.
- The facilitator may want to write down the goals to keep track of them.

Homework for next week:

- Encourage participants to begin recording weight daily, logging food and physical activity, and bringing their log to every session.
- Provide information necessary for attending the next session (date/time/location, etc.).
- Remind participants to bring their MOVE!® handout booklet and any other needed class materials.

Topic for next week:

Eat Wisely to Tip the Balance