



MODULE SIXTEEN

Maintain Your Progress



How do I keep up the momentum?

Congratulations, you made it through the MOVE! Program! It is an accomplishment that will benefit your health now and in the future. As you finish the program, let's talk about some things that will help you keep the weight off or continue to lose weight. The three core principles to maintain your weight loss is to watch your diet, be active, and stay on course.

“I have maintained my commitment to staying healthy by not snacking between meals and by tracking the calories I consume.”

– Francis, lost 120 pounds

It is also important to consider your body image as you continue to manage your weight. Having a healthy body image can help keep you motivated and making healthy lifestyle choices. Remember how much work you have done to get to where you are now – this will help you maintain your motivation and momentum!

It may help to remember that overweight and obesity are chronic health conditions. Participating in MOVE! is a great start to improve your health and quality of life, but weight management requires a lifelong commitment, lifestyle changes, and long-term follow-up with your health care team.

In This Module You Will:

1. Learn how to maintain weight loss.
2. Review the importance of body image.
3. Learn eight tips for staying motivated.
4. Be proud of the healthy changes you have made!

Progress Check-In



I met my previous healthy eating goal

I met my previous physical activity goal

My weight today is _____ pounds.

Reflect on how well you met your goals from the last module.

What successes did you have?

What challenges did you encounter?

What helped you address those challenges?



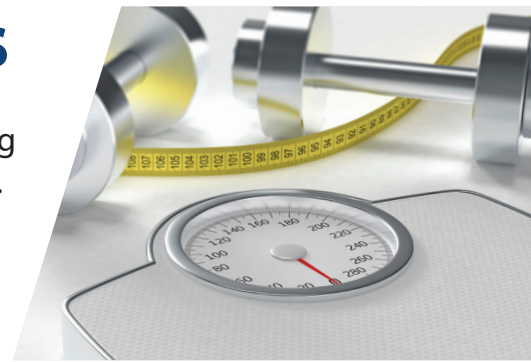
Even the Smallest Changes Can Make a Big Difference

What benefits did you notice from your weight-loss efforts this past week?

- | | | |
|---|---|---|
| <input type="checkbox"/> Better sleep | <input type="checkbox"/> More energy | <input type="checkbox"/> Fewer prescription medications |
| <input type="checkbox"/> Better check-up | <input type="checkbox"/> Less joint pain | <input type="checkbox"/> Better blood pressure control |
| <input type="checkbox"/> Improved memory | <input type="checkbox"/> Better mood | <input type="checkbox"/> Better blood sugar control |
| <input type="checkbox"/> Clothes fit better | <input type="checkbox"/> Improved cooking | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Stress relief | <input type="checkbox"/> Greater confidence | _____ |
| <input type="checkbox"/> More endurance | <input type="checkbox"/> More organized | _____ |

Maintaining Your Weight Loss

There are three strategies for maintaining your progress and keeping the weight off: 1) Watch your diet, 2) Be active, and 3) Stay on course. Review the following strategies to learn what can help you lose weight and keep it off!



1

Watch Your Diet

- **Follow a healthy and realistic eating pattern.** In studies of people who have lost weight and kept it off for at least a year, most continued to eat a diet lower in calories as compared to their pre-weight loss diet.
- **Keep your eating patterns consistent.** Follow a healthy eating pattern regardless of changes in your routine. Plan ahead for weekends, vacations, and special occasions. By making a plan, it is more likely you'll have healthy foods on hand for when your routine changes.
- **Eat breakfast every day.** Eating breakfast is a common trait among people who have lost weight and kept it off. Eating a healthy breakfast may help you avoid getting "over-hungry" and then overeating later in the day.



Smart Alex *Reevaluate Your Daily Calorie Goal*

"As you lose weight and eat fewer calories, you should revisit your daily target calorie goal. As you lose weight, the number of calories your body needs to function will decrease. To maintain a 500-calorie deficit each day for continued weight loss, you may need to adjust your daily calorie target. In addition, as you eat fewer calories, your body will respond by burning fewer calories each day in an effort to conserve energy for the future. Your body will also be more efficient by doing the same amount of work but using fewer calories than before. In this case, you may need to continue to decrease your caloric intake in order to get the effect you were getting in the beginning. Talk to your MOVE! Team when you are ready to reevaluate your daily caloric target."

2

Be Active

- **Get daily physical activity.** People who have lost weight and kept it off typically engage in 60-90 minutes of moderate intensity physical activity most days of the week. These can be in 2-3 30-minute sessions.

3

Stay on Course

- **Monitor your diet and activity.** Keeping a food and physical activity journal can help you track your progress and spot trends. For example, you might notice that your weight creeps up during periods when you have a lot of business travel or when you work overtime. Recognizing this tendency can be a signal to make a change.
- **Monitor your weight.** It's a good idea to keep track of your weight so you can plan accordingly and adjust your diet and exercise plan as necessary. If you have gained a few pounds, get back on track quickly. For weight maintenance, it is recommended that you weigh yourself everyday.
- **Get support from family, friends, and others.** People who have successfully lost weight and kept it off often rely on support from others to help them stay on course and get over any "bumps." Sometimes having a friend or partner who is also losing weight or maintaining a weight loss can help you stay motivated.

Which of these strategies will be the easiest for you to maintain and why?

Which of these strategies will be the hardest for you to maintain and why?

What things could you do to help prepare yourself for successful maintenance?



Teresa's Tips *Maintenance Plan for Weight Change*

“1-2 pound gain: Pay attention to portion size and work on portion control.

3-4 pound gain: Caution—Problem solve to determine changes in behavior contributing to weight gains (for example, eating out more, increased portions, increased snacking or desserts, decreased physical activity).

5 pound gain: Stop—Get back on track; return to weight loss calorie intake levels and increase physical activity.”

“I have kept my weight off for over 15 months now. We attend the MOVE! monthly alumni classes to keep motivated and keep the weight off. They even invite me to speak with their new groups as a motivational speaker!”

– Floyd, lost 54 pounds



Body Image

The image you have of your body affects you physically and emotionally. Your body image is influenced by events and other people in your environment during childhood, adolescence, and adulthood.

Accepting your body is important. No matter how many positive lifestyle changes you make in this program, you will be unhappy with your accomplishments if you do not like your body. This will set you up for disappointment and frustration.



Body image refers to different types of bodily experiences and perceptions. These different parts of body image affect each other.

- How you see yourself in a mirror
- How you see your body parts (like your stomach or thighs)
- A mental picture of your body
- How you experience your body (like how much of a seat your body occupies)
- How you perceive sensations (like heat, cold, hunger, anger)
- Thoughts, statements, and feelings about your body

Going Beyond Appearance

We constantly see advertisements about beauty and the “ideal” body type. These images make many women and men feel negative about their own appearance. Recognizing that these pressures exist is the first step in developing a healthy body image.

Body image is more than skin-deep. It’s also about what’s on the inside. Remember that the changes you are making are not always reflected in your appearance. For example, your new lifestyle is improving your health. You may have already lowered your blood pressure, blood cholesterol, and blood sugars. This all leads to a healthier you!



Staying Motivated

Use these **eight tips** to stay motivated over the next 6 months and beyond.

1 Remember the benefits you've achieved and hope to achieve.

What did you hope to achieve when you first joined this program?

What would you like to continue to work on?

2 Recognize your success.

What eating and activity changes are you most proud of making?

3 Keep visible signs of your progress.

- Measure yourself (belt size, etc.) once a month.
- Keep all the tools that you have learned close at hand.
- Post your weight and activity progress on your refrigerator door.
- Mark your activity milestones on a map toward a particular goal.

4 Keep track of your weight, eating and activity.

- Monitor your food intake and physical activity daily. During busy times, try to keep track at least three days a week—two weekdays and one weekend day.
- Weigh yourself and record your weight at least once per week—daily is best.

5 **Develop your eating and activity routine.**

Write down meal and planned eating routines that will be good for you to continue.

6 **Set new goals for yourself. Develop ways to reward yourself when you meet each goal.**

Set specific short-term goals for yourself.

Write down some non-food rewards for reaching goals.

7 **Create some friendly competition.**

Set up some sort of competition with friends or family to help you reach your goals. See who can meet their calorie goal the most days or who can log the most steps each week!

8 **Lean on your MOVE! team and other Veterans to help you stay motivated.**

Review Your Weight Management Toolkit

Here's a quick review of some of the tools and tips we've used over the past few months.

- Exploring motivation (Module 1)
- Setting SMART goals (Module 1)
- Self-monitoring or tracking your diet and physical activity (Module 2)
- Rewarding successes (Module 2)
- Managing the caloric/energy balance (Module 3)
- Creating a Healthy Plate (Module 4)
- Using the FITT principle and physical activity guidelines (Module 5)
- Rethinking unhelpful thoughts (Module 6)
- Meal planning and shopping (Module 7)
- Managing weight loss challenges/ problem solving (Module 8)
- Building an activity plan (Module 9)
- Arranging eating and activity cues (Module 10)
- Reducing fat (Module 11)
- Learning from slips (Module 12)
- Planning for high-risk situations (Module 13)
- Reducing stress and relaxation (Module 14)
- Social support (Module 14)
- Being active and managing pain (Module 15)
- Accepting your body (Module 16)

Goal-Setting Check-Out

Goals for the Next 6 Months

Set some goals to work on over the next 6 months to maintain your progress.

Activity Goal

In the next 6 months, I will get at least _____ minutes of activity each week at a moderate intensity or more.

I currently weigh _____ pounds.

In the next 6 months, I will:

Lose weight

I will reach _____ pounds.

Maintain my weight

I will stay at _____ pounds.

Module Summary

Maintaining Your Progress

Remember the steps for long-term success and review these modules when you need a refresher.

- Weigh yourself at least once per week (daily is best) and keep track of your weight.
- Monitor your food intake and activity daily.
- Eat no more than 1200-1800 calories per day.
- Get 60-90 minutes of physical activity per day on all or most days of the week.
- Get support from family and friends when you need it.
- Reaffirm your goals regularly and often.

Body Image

Body image is how you perceive and experience your body. There are many parts of body image, including how you see yourself in the mirror, your mental picture of your body, and statements you make about your body.

Having a positive body image is an important part of being successful in this program and beyond. Rethinking unhelpful thoughts and becoming comfortable with your body can help you improve your body image.

Celebrate the Progress You Have Made

You've made it through 16 modules of the MOVE! Program! Be proud of the changes you have made to:

1. Improve the quality of your nutritional intake.
2. Increase your daily physical activity.
3. Manage your weight.
4. Improve your health and the overall quality of your life.

Module To-Do:

1. Set a weight loss or weight maintenance goal for the next six months.
2. Develop short-term goals to help you meet your weight target.
3. Identify how you will continue to track your food and activity for the next six months.
4. Use a calendar to record and track your weight at least once per week.
5. Create a plan to address any instances of weight gain.