

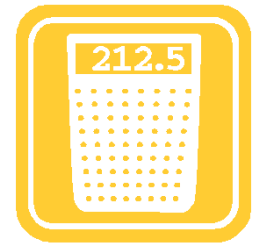


Session 22: Looking Back and Looking Forward

How do Successful Weight Losers Think?

There's an old saying, "A path is made by walking on it." Researchers have studied people who have lost weight and kept it off. Studies suggest that successful weight losers describe a shift in their thinking patterns.

Old thinking:	New thinking:
Trying to fool themselves	Being honest with themselves
Looking for a "magic" cure	Recognizing that behavior change takes hard work and persistence
Looking for a "cookbook" approach that applies to everyone	Fitting the tried-and-true ways of losing weight into their own lifestyle
Looking for someone else to fix their weight problem or take the blame for it	Taking "lonely responsibility" for doing what needs to be done or for not doing it
Thinking of weight loss as an end in itself	Thinking of weight loss as part of an overall process of learning about themselves and their priorities
Being afraid to fail and/or punishing themselves when they do fail	Being willing to make mistakes, learn from them, and try again
Wanting to do it perfectly right away	Being willing to settle for "small wins" and building on the positive, one step at a time
Seeking approval or forgiveness from others	"Owning" their successes and mistakes
Relying on willpower, control, or discipline	Making choices one at a time, being flexible, and trusting themselves
Blaming themselves or seeing the needs of others as more important than their own	Maintaining a healthy self-interest



What do Successful Weight Losers Do?

National Weight Control Registry

The National Weight Control Registry (NWCR) is a research study developed by Rena Wing, PhD and James Hill, PhD. The registry has identified over 6000 “successful losers” aged 18 years and over who have lost 30 pounds or more and kept it off for at least one year. Here are some facts about the members.

- The average weight loss is over 70 pounds per person
- About half lost weight on their own, the other half sought help.
- Weight losses have been maintained for five years, on average.
- Over 90% have tried many times before achieving success.
- About 95% said the overall quality of their lives improved.
- About 92% said their energy level and mobility got better.
- For 91% there were decreases in depressive symptoms

Winning at Losing: How They Keep it Off

The majority of successful losers (89%) said they changed both their eating habits and their physical activity to lose weight.

- The three most common dietary changes included limiting sugary and fatty foods, decreasing portions, and counting calories
- Most did regular physical activity as part of their weight control program and most did so at home.
- They averaged about 60 minutes of moderate-intensity physical activity each day, usually walking.

The majority report other consistent behaviors.

- Self-weighing more than once a week
- Having a plan for getting back on track when regain occurs
- Regular eating patterns (on average 4.7 times/day)
- Rarely skipping breakfast
- Eating out no more than three times per week, and fast food no more than once a week.
- Watching less than 10 hours of TV per week.
- Consistent patterns of eating with little splurging on weekends or holidays.

Long-term maintenance of weight loss is possible!

For more information, or to join the National Weight Control Registry, go to:

www.nwcr.ws/



What's Your Story?

Now that you have completed the Group Lifestyle Balance Program, we invite you to reflect on your personal healthy lifestyle story. What words of wisdom can you share with others who learn they are at risk for diabetes and/or cardiovascular disease?

What did you find most helpful when feeling discouraged about your progress?

Write a message to yourself for the future. Make it a powerful statement that will guide you in the coming months and years.



To do:

These behaviors are your foundation for healthy lifestyle success. **Keep using them!**

The Basics:

- Keep track of your weight.
 - Weigh yourself at home daily or at least once a week at the same time of day.
 - Record your weight in the Keeping Track book.
- Keep track of what you eat and drink using the Keeping Track book.
- Keep track of your physical activity in the Keeping Track book.
- Be physically active for at least 150 minutes per week.

Challenge Yourself:

Remember: You have the tools you need for success in maintaining your healthy eating and activity behaviors! You know what you must do to succeed, and your lifelong learning challenge will be keeping these skills ready and available even when you may find yourself on the slippery slope.

Additional Notes:

"Success is the sum of small efforts, repeated day in and day out"
Robert Collier