

Best Weight Workshop

PARTICIPANT WORKBOOK

The Best Weight workshop was developed by the South Calgary Primary Care Network Dietitian team in accordance with the Canadian Adult Obesity Clinical Practice Guidelines and Alberta Health Services Clinical Guidelines for Adult Obesity Care.

*This is general information and should not replace the advice of your health professional.
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Workshop Agenda and Learning Outcomes

Session 1

Part 1: My Best Weight

- Understand the Best Weight philosophy.
- Understand what factors determine body weight.
- Identify personal areas for behaviour change.

Part 2: The Biology of Weight

- Understand how obesity is a chronic and complex disease.
- Understand how the body regulates weight.
- Understand how chronic dieting impacts our weight and health.

5-Minute BREAK

Part 3: Food and Eating Behaviours for Your Best Weight

- Learn and identify your healthy food choices.
- Learn sustainable dietary patterns that are research supported to improve health.
- Learn healthy portion sizes and strategies to help normalize them.

Group Discussion

Session 2

Part 3: Food and Eating Behaviours for Your Best Weight (*Continued ...*)

- Learn about mindful eating and strategies to implement this behaviour.
- Learn strategies to reduce calorie intake without a restrictive dieting approach.

Part 4: Lifestyle Behaviours for Your Best Weight

- Learn the impact of exercise, sleep, and stress on weight.
- Learn the health benefits and recommendations for exercise for weight loss and maintenance.

5-Minute BREAK

Part 5: Body Image, Readiness, and Goal Setting

- Learn ways to improve body image and manage body dissatisfaction concerns.
- Understand the stages of change and identify your current stage.
- Learn the benefits of setting small goals and strategies to increase success.
- Identify your personal risks for setbacks (lapses) and strategies for prevention.

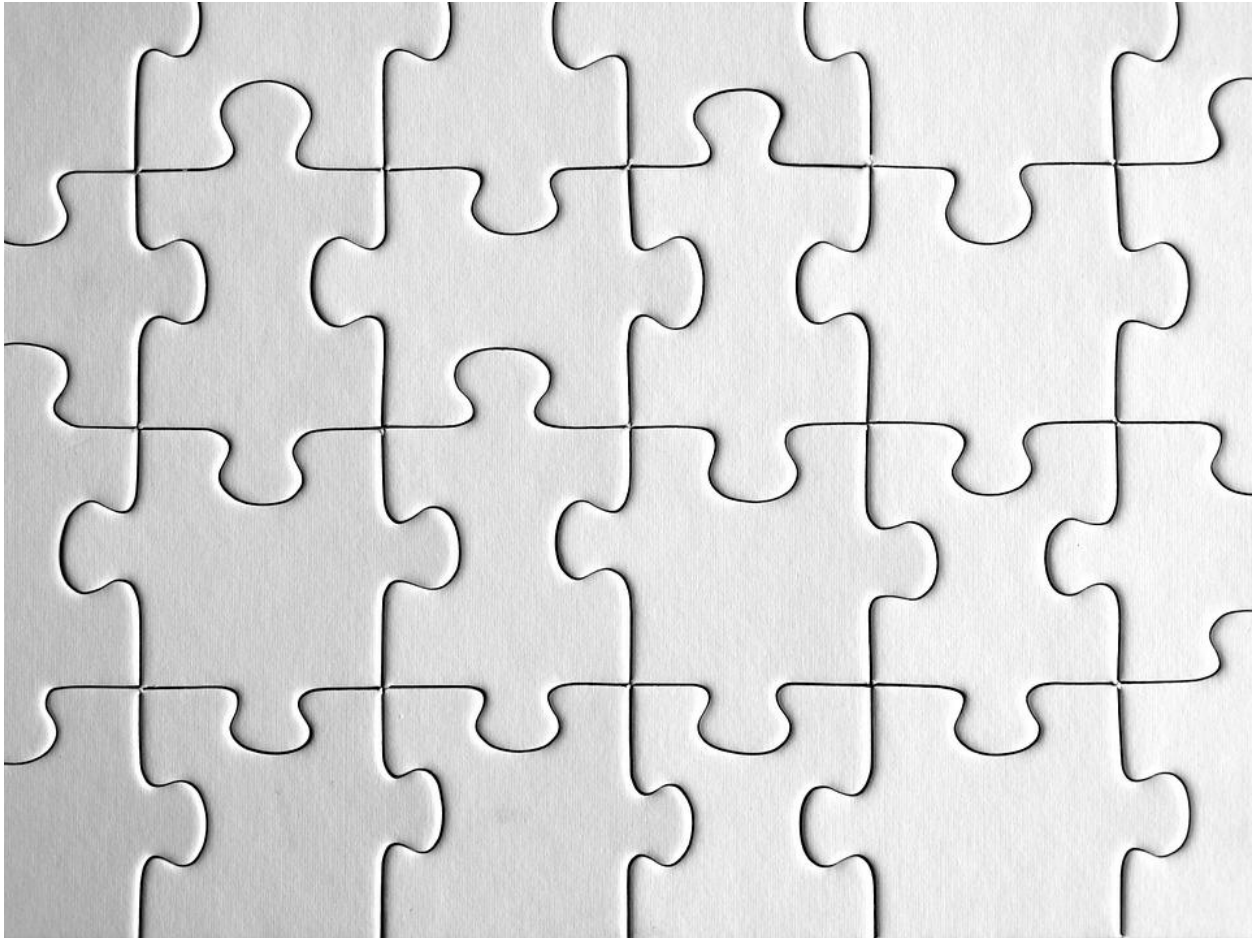
Group Discussion & Workshop Evaluations

Part 1: My Best Weight

Best Weight is achieved when you focus on health and enjoyable behavioural changes that improve your overall quality of life. The weight you achieve through these changes is considered your 'BEST' weight.

1.1 My weight puzzle.

There are many factors that determine and influence our weight. Write down yours in the puzzle below.



1.1 PAUSE & REFLECT EXERCISE – My Best Weight.

List the behaviours you have identified in your weight puzzle that you are interested in changing to achieve your Best Weight.

Part 2: The Biology of Weight

2.1 Obesity is a chronic and complex disease.

Managing overweight and obesity is much more complex than the original belief that we just need to eat less and move more. Research has taught us that:

- Obesity is highly genetic.
- Our body is programmed to defend itself against weight loss and will promote weight re-gain when a significant amount of weight is lost as a result of hormonal changes that occur.
- Diets do not work in the long run. While we will likely experience weight loss, the success of a 'diet' must be determined by its long-term results. A successful 'diet' is one that is sustainable and healthy and allows you to continue to live an enjoyable life.

2.2 Chronic dieting impacts our weight and health.

Yo-yo dieting behaviours can cause unwanted physical and emotional health issues. Each time weight is lost and then regained, our metabolism is slower than at the previous same weight. This phenomenon is one reason why it becomes increasingly difficult to lose weight and keep it off with each future attempt.

2.1 and 2.2 PAUSE & REFLECT EXERCISE — The biology of weight.

1. How many times have you tried to lose weight?
2. What diets have you tried?
3. What did you like about these diets?
4. What did you not like about these diets?
5. How long are you able to keep weight off that you lose?
6. What triggers you to stop the diet and return to old eating habits?
7. How do you measure the successes of a diet?

The biggest change you can make to improve your health is by focusing on healthy behaviour changes rather than trying to control your weight through restrictive dieting or extreme exercising. This approach will naturally lead you to your BEST WEIGHT.

Part 3: Food and Eating Behaviours for Your Best Weight

3.1 Eating Well for Weight and Health

Consider these four categories when reflecting on your food choices and eating behaviours:

1. What?
2. How much?
3. When?
4. Why?

3.2 What you eat and drink impacts your weight and health.

Refer to the extra resource titled [*Eating Well for Weight and Health*](#) (AHS) to identify your food and beverage choices.

Dietary patterns with health benefits.

Dietary patterns include what foods and beverages we eat, how frequent we eat them, and in what quantity we eat them. Some dietary patterns are healthy and others can create nutritional deficiencies or other health problems. Well researched dietary patterns that provide health benefits, independent of weight loss, are the Portfolio Diet, Mediterranean Diet, DASH Diet, vegetarian, and low-glycemic index diet.

The Portfolio Diet and Mediterranean Diet are most commonly recommended for their heart health benefits. In fact, the Portfolio Diet has been shown to lower LDL-Cholesterol and raise HDL-Cholesterol as effectively as statin medications. The DASH Diet, which stands for Dietary Approaches to Stop Hypertension, is most commonly recommended for its blood pressure lowering effects while also improving blood cholesterol levels. Vegetarian and low-glycemic index diets are shown to improve blood sugar control and reduce cholesterol and blood pressure. When any of these diets are combined with a calorie reduction, weight loss is possible. A dietitian is able to support you with more education and personalized guidance if you would like to learn more on adopting one of these healthy research-supported dietary patterns.

Macronutrient-based dietary patterns.

Macronutrients in the diet include carbohydrates, protein, and fat. Many popular diets focus on increasing or decreasing one or multiple macronutrients. The current research tells us:

- Carbohydrate-restricted diets, i.e., “low carbohydrate diets”, are no more effective at weight loss when compared to other dietary approaches after 12 months, and result in a typical weight loss average of 1.5 to 9 pounds.
- Protein-increased diets may help improve satiety and increase muscle mass. Protein foods should be low in saturated fat and consumed at each meal and snack.

- High fat diets are generally associated with higher weight status, and both very-low or high-fat diets have low sustainability thus resulting in weight re-gain. Healthy fats however should be included in small amounts at meals and snacks throughout the day.

3.2 PAUSE & REFLECT EXERCISE – What I eat and drink.

<p>Are their food choices you would like to change? If yes, what are they?</p> <p>How would you like to change them? (Frequency, volume, other)</p>	
<p>How would you describe your current dietary pattern?</p>	
<p>Do you have any concerns with your current dietary pattern? If yes, what are they?</p>	

3.3 How much you eat and drink impacts your weight and health.

How much you eat or drink impacts your total calorie intake. Even with healthy foods, if too many calories are consumed, weight gain will result eventually. As a general guideline to promote safe and slow weight loss, your starting calorie intake should be reduced by 250 to 500 calories per day. It is important to understand what your baseline, i.e., starting, calorie intake is to help assess how much ‘wiggle room’ you have for reducing your energy intake. If your starting calorie intake is 3,000 calories per day, a 250-500 calorie reduction is much more likely and attainable than if you are starting at 1700 calories per day.

An additional consideration that must be taken into account is the recommended minimum number of calories per day for men and women.

- Women need a minimum of 1200-1500 calories/day
- Men need a minimum of 1500-1800 calories/day

Intakes below these levels increase your risk of metabolic damage, nutrient deficiency, and disordered eating.

Strategies to help find where there are 250-500 excess calories to shave in your diet include:

- Identify when you mindlessly eat
- Use a meal replacement shake once a day
- Replace higher calorie foods with lower calorie versions
- Choose the smaller size
- Use smaller plates and bowls
- Eat 20% less than your usual portion
- Eat in a designated area
- Increase your intake of filling foods

Strategies for portion control.

There are four strategies that can be used to help determine how much you should eat and drink. Which strategy you use should be based on your past experience and your internal wisdom of what will or will not work for you.

1. A food and beverage tracking app – there are many options available now however a few of the most popular include My Fitness Pal, Lose It!, My Net Diary, and Noom.

Tips for using apps:

- Be wary of those attached to commercial diets as these can often be misleading. For example, no food should ever be viewed as ‘good or bad’ or ‘free’ or ‘cheating.’ This messaging can prevent you from developing a healthy relationship with food.
- Track your intake before or as you eat rather than at the end of the day
- Set your ‘goal weight’ as 5-10% less than your current weight, not more
- Set your ‘rate’ of weight loss as 0.5-1.0 lb per week, not quicker
- Do not expect your hunger level to be robotic. You will naturally eat more and less on some days. This is normal and a sign of a healthy metabolism.

2. Hand-guide to portion sizes – the website used in the workshop is www.unlockfood.ca. Search for the food portion toolkit.



3. Balanced plate guide – for more information on using the balanced plate approach, go to: <https://food-guide.canada.ca/en/tips-for-healthy-eating/make-healthy-meals-with-the-eat-well-plate/#section-2>



4. Intuitive eating approach – use your inner body wisdom to help guide how much you need to eat based on physical hunger and satiety signals. This self-awareness tool takes time to learn and use but is one of the most effective strategies for long-term success. This strategy is best used with pen and paper journaling in the beginning to help you understand your personal behaviour trends.

3.3 PAUSE & REFLECT EXERCISE – How much I eat and drink.

<p>Do you know your baseline calorie intake? If yes, are you eating enough?</p>	
<p>Is there room for calorie reduction? If yes, what strategies might work for you?</p>	

3.4 When you eat and drink impacts your weight and health.

Regular eating patterns are important to normalize and manage hunger and fullness signals. Contrary to popular belief, the ideal number of times to eat for weight loss and maintenance is

not known. That being said, research does indicate that irregular eating may be less advantageous for the maintenance of body weight and for cardiometabolic health. Regular eating helps you make healthier food decisions, eat appropriate amounts, and support a well-balanced diet to meet your energy and nutrient requirements. Regular eating is defined as fueling your body every 3 to 5 hours. If meals are more than 5 hours apart, a small snack should be included.

The intuitive eating approach is also a useful strategy for estimating when and how much to eat as your body will naturally guide you based on its energy needs. There are some situations where your internal hunger and fullness signals can be influenced up or down; these are:

- Eating more food than your body needs, e.g., overeating or binge eating
- Eating less food than your body needs resulting in cravings and overeating, e.g., low-calorie diets (<1200 calories/day), disordered eating, or eating disorders
- Skipping meals or going long periods without eating, e.g., intermittent fasting or not taking the time to eat at regular eating times
- Certain mental or physical illnesses or medicines, e.g., depression, anxiety, or ADHD medications
- Strong feelings, e.g., overwhelmed, angry, excited, or boredom

In most cases natural hunger and fullness cues can return once regular eating patterns are implemented.

Hunger and fullness scale

Before eating					During or after eating				
Aim to start eating around a 3 to 4 when sensations of hunger are present.					Aim to finish eating around a 5 to 6 when you feel comfortably satisfied.				
Try to limit extreme hunger (between 1 to 2) to avoid overeating or binge eating.					Try to limit feeling uncomfortably full or stuffed (between 7 to 10) to avoid unwanted weight gain.				
1	2	3	4	5	6	7	8	9	10
Extremely hungry Entire body feels weak, dizzy, irritable		Feelings of hunger Stomach feels empty, stomach pangs or growling		Satisfied, comfortable Neither hungry nor full		Feel full and uncomfortable Pressure in stomach		Feel stuffed or sick Entire body feels unwell	

3.4 PAUSE & REFLECT EXERCISE – When I eat and drink.

My Eating Pattern: Write down your current eating pattern						
Meal/Snack	Breakfast	Snack	Lunch	Snack	Supper	Snack
Time						
What observations do you have about your current eating pattern?						
Do you notice hunger and satiety signals? If yes, which numbers do you bounce between on a typical day?						
If you let yourself get too hungry, when and why does this happen?						
If you let yourself get too full, when and why does this happen?						

3.5 Why you eat and drink impacts your weight and health.

There are many factors that influence our eating behaviours. The final category in eating well for weight and health is understanding **why** you eat when you do. It is important to know that when we overeat it is often not a “food” problem but rather a behavioural problem. A strategy to help you better understand why you eat comes from the Craving Change® program called the 3 Types of Hunger.

Types of Hunger

This is a very simple technique to help you become more aware of why you are eating. It suggests that there are different types of hunger. Let's use three categories of hunger:



Stomach Hunger:

This is the physical need for food. It's been five or six hours since you've eaten. Your stomach is growling. Stomach hunger also refers to times when you might eat for a medical reason, for example to prevent a low blood sugar if you're on insulin. You are eating for the well-being of your body.



Mouth Hunger:

Have you ever stood in front of the fridge or cupboard looking for something to eat with a certain taste, texture, or smell? “Where are those salty, crunchy chips? No, that's not it, I want creamy . . . where's the ice cream?” You crave the pleasure of food. This describes mouth hunger.



Heart Hunger:

This type of hunger refers to when you are eating in response to your emotions or how you're feeling mentally, not physically. Heart hunger can also refer to a learned behaviour around food or eating.

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3.5 Pause & Reflect Exercise — Why I eat and drink.

<p>My personal takeaway from the 3 Types of Hunger activity.</p>	
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Part 4: Lifestyle Behaviours and Your Best Weight

4.1 Planned Physical Activity

Physical activity has many benefits outside of weight loss and management. When physical activity is intentionally planned into your daily and weekly routine, you can experience improvements to blood sugar control, a reduction to blood pressure, lowered cholesterol and triglyceride levels, reduction of fat on the liver and heart, a healthier body image, and improvements to mood disorders such as depression and anxiety. Research also shows that after intense exercise, our appetites are suppressed, and our brain is attracted to lower calorie foods like fruits and vegetables rather than fries and pizza. Because there are the numerous health benefits associated with physical activity, regardless of weight loss, it is vital to not judge the effectiveness of exercise based on weight change alone.

Planned physical activity recommendations:

- For weight loss: 150-420 minutes or more per week
- For weight loss maintenance: 200-300 minutes or more per week

Moderate to vigorous **aerobic** physical activity such as walking, cycling, or swimming, is recommended on most days of the week with **resistance** activity such as weights, resistance bands, or body weight included on 2-4 days to maintain or increase muscle mass and reduce body fat. **Flexibility** through stretching, yoga, or Pilates should also be incorporated as a regular planned activity.

It should be noted that the recommended amount of physical activity to achieve weight loss and maintenance may not be realistic for everyone. If this is the case for you, focus on reducing your overall sedentary time and engage in as much activity as your body permits. A helpful strategy to start with is the 5:60 rule of thumb from our Health Basics program, which is to move your body for 5 minutes each hour.

4.1 Pause & Reflect Exercise — Physical activity.

In the last 7 days, how many minutes of planned physical activity (exercise) have you done?	
How many minutes of exercise is realistic for you in a day? In a week?	
What type of exercise do you enjoy? Are you doing this now?	

4.2 Sleep

Achieving your Best Weight involves more than just diet and exercise habits. Sleep habits and quality of sleep have a significant impact on weight through physiological and behavioural changes. These physiological and behavioural effects are caused not only by lack of sleep, defined as less than 5 hours, but also with excessive sleep, defined as more than 9 hours per 24-hour period.

Use this checklist to complete a personal inventory to determine if inadequate or excessive sleep may be holding you back from achieving your Best Weight:

- | | |
|----------------------------------------------------------------------|------------------------------------------------------------------------|
| <input type="checkbox"/> Increased hunger and decreased satisfaction | <input type="checkbox"/> Increased abdominal weight |
| <input type="checkbox"/> Difficulty making healthy food decisions | <input type="checkbox"/> Food preferences for high fat or sugary foods |

If sleep is a struggle for you, it is a good idea to talk to your doctor to better understand why your sleep is disrupted. You can start to improve sleep with these strategies:

- | | |
|----------------------------------------------------------------|-----------------------------------------------------------------------|
| • Have a sleep routine and commit to it. | • Limit caffeine. |
| • Include physical activity regularly. | • Turn off electronics 1 hour before sleep. |
| • Avoid heavy meals, snacks, and alcohol 2-3 hours before bed. | • Have a ritual to relax your body and mind 60-90 minutes before bed. |

4.2 Pause & Reflect Exercise — Sleep.

Do you get between 5-9 hours of sleep per 24-hour period? If no, are you over or under sleeping?	
What strategies do you use to prepare your body for sleep each night?	
What new strategies could you also incorporate?	

4.3 Stress

Stress can be caused by many different situations. Some stress is normal and, in some cases, even helpful, however when stress becomes constant and remains untreated, it can have harmful effects on your health and make chronic diseases worse. Chronic stress over time can negatively affect your immune system, heart, muscles, stomach, reproductive organs, lungs, skin, emotional health, and yes, weight.

Research on the connection between chronic stress and obesity reveals the following effects:

- Difficulty with memory, flexible thinking, and self-control.
- Difficulty focusing, following directions, and managing emotions.
- Increased desire to overeat and cravings for foods that are high in calories, fat, and sugar.
- Increased level of satisfaction in the reward centers of the brain when foods high in fat and sugar are consumed.
- Hormonal changes that drive our hunger and fullness settings resulting in eating more, feeling less satisfied, and increasing body fat storage.
- Decreased physical activity and sleep.

Foods and beverages are a common coping mechanism for dealing with stress and we do this because it works ... temporarily. It is essential to learn and practice alternative healthier ways to relieve stress. Thankfully there are many options available; some examples include journaling, talking with others, engaging in a hobby, meditation, guided imagery, volunteering, playing with pets, children, or grandchildren, exercising or stretching, breathing exercises, progressive muscle relaxation, and reading.

If you find that you are having difficulty managing your stress on your own, it is important to reach out for help. Talk to your doctor or professional counselor. You can also call Access Mental Health at **(403) 943-1500**. This is a free service for Calgarians that have addiction and/or mental health concerns and wish to be connected with a mental health clinician.

4.3 Pause & Reflect Exercise – Stress.

<p>Do you know what causes stress in your life? If yes, what is it?</p>	
<p>What coping strategies do you <u>currently</u> use to manage your stress? Are these strategies working for you?</p>	
<p>What <u>new</u> strategies could you also incorporate to reduce the stress in your life? Set a short-term and long-term goal to reduce stress in your life.</p>	<p>Short-term goal: Long-term goal:</p>

Part 5: Body Image, Readiness, & Goal Setting

5.1 Body Image and Best Weight

Body image is a person’s beliefs, thoughts, perceptions, feelings and actions about their body and appearance.

Body Respect is when we believe and act accordingly that our body deserves to ... be fed, treated with dignity, dressed comfortably in a style you enjoy, and moved in a way that is possible and comfortable.

Having a healthy body image and practicing self-respect for our body is essential in the context of achieving and respecting one’s ‘best’ weight. When our views of our body and physical appearance are negative, it can have a profound impact on our quality of life and can sometimes be the fuel for continued disordered eating behaviours. Accepting that your current size, or close to it, could be your ‘Best’ weight is very challenging for many people, especially if you are told by others, even health professionals, that it needs to change. By implementing the strategies discussed in the Best Weight workshop and practicing body respect, our body image can improve.

“Comparison is the thief of joy.”
 – Theodore Roosevelt.

Strategies to challenge body dissatisfaction.

- Consider the factors that have influenced your body image.
- Identify what you like about your body.
- Identify activities that help you feel good in your body.
- STOP body comparisons and body checking.
- Expand your areas of interest.
- PRACTICE mindfulness exercises and self-care.
- Ask for help when you need it.

“Improving your body image is not about changing your body, it’s about making what is, less painful.”
 – Marcy Evans, CEDRD

5.1 Pause & Reflect Exercise — Body Image.

<p>What is my view of my body and physical appearance?</p> <p>Does this view help or hinder me?</p>	
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I can respect my body by ...	
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5.2 Stages of Change

There are various models of behaviour change. One of the more popular models is the Transtheoretical Model, or more commonly known as the Stages of Change. It is helpful to identify where you are in the change process when considering behaviour change. By doing so, you will have a deeper understanding of why change is difficult and appreciate that it takes time to reach the maintenance stage. It is useful to know that while a behaviour may regress, i.e., relapse, you will never return to the precontemplative stage due to your increased awareness.

Change Stage	Stage Characteristics
Precontemplation	No intention to change, denial, ignorance of the problem.
Contemplation	Inclined to change but there is some doubt or unease; feeling internally conflicted; weighing the pros and cons of change.
Preparation	Intention to change or just starting out with small changes, collecting more information about the change.
Action	Currently engaged in implementing behaviour change; taking action toward your goal.
Maintenance	The behaviour change has been maintained for a period; the change feels more natural and easier to maintain; strategies in place to prevent self-sabotage behaviours.
Lapse & Relapse	A return to old habits often triggered by a circumstance, negative thinking, or emotional turmoil. Lapses are extremely common and should be expected.

Adapted from Prochaska and Marcus (1994) and The 6 Stages of Behaviour Change (K Cherry 2020).

Decisional Balance

The decisional balance exercise is a very useful tool when considering or contemplating a behavioural change. This tool will help you not only identify the benefits of the change but also identify the potential costs, i.e., drawbacks, that can occur when a change is initiated. Identifying drawbacks allows you to understand why change can be so difficult, even if it is in your best interest or something you really want to change.

	No change	Change
Benefits of	<i>What are the benefits to not changing?</i>	<i>What are the benefits if I change?</i>
Costs of	<i>What are the potential costs if I do not change?</i>	<i>What are the potential costs if I change?</i>

5.2 Pause & Reflect Exercise — Stages of Change.

What is your current stage of change in regard to healthy eating? Exercise? Stress management? Sleep hygiene? Body image?	
What is one actionable step you can take to advance to the next stage in one of the areas above?	
Based on experience, what are your triggers for lapses? What behaviours can you look for to know that you have slipped?	

5.3 Weight Loss Planning

Having realistic expectations when making a behavioural change to support weight loss is extremely important. Research proves that modest weight loss of 5-10% results in significant health benefits including lowering your risk of developing heart disease, heart attack, and stroke.

Health benefits of 5-10% weight loss.

- Increased HDL-cholesterol levels
- Decreased triglyceride levels
- Blood pressure reduction by 5 mmHg
- Hemoglobin A1c reduction by 0.5%
- Significant improvement to insulin resistance
- Improved sleep apnea
- Decreased production of inflammatory substances

Examples of 5-10% weight loss:

Starting weight	5-10% Weight loss	Starting weight	5-10% Weight loss
170 pounds / 77 kg	8-17 pounds / 4-8 kg	320 pounds / 145 kg	16-32 pounds / 7-15 kg
220 pounds / 110 kg	11-22 pounds / 5-11 kg	370 pounds / 168 kg	18-37 pounds / 8-17 kg
270 pounds / 135 kg	13-27 pounds / 6-14 kg	420 pounds / 210 kg	21-42 pounds / 10-21 kg

Weight Plateaus and Settling Point Model

As the body loses excess weight, it is natural to have plateaus. Weight plateaus occur as a result of metabolic adjustments the body experiences at a lower weight. Weight loss also changes our endocrine hormones which influence hunger and satiety (fullness) cues. Your body interprets weight loss as a threat and will try to protect itself by increasing hunger signals and lowering fullness signals. Unfortunately, there are no behavioural strategies that can prevent these

biological changes. We can however reduce the severity of these biological changes, thereby supporting a lower weight settling point by:

- Losing weight slowly, using a 5-10% stepped approach to weight reduction.
- Incorporating dietary and exercise changes that can be maintained with no ‘end point’.
- Practicing patience with the biological effects of weight loss and plan for expected weight plateaus.

5.3 Pause & Reflect Exercise – Weight loss planning.

Have I been realistic with my weight loss goal and timeline in the past?	
What is your 5-10% weight loss number based on your current weight?	

5.4 Balancing Wants and Needs

Once a behaviour change is decided on, it is easy to go ‘all in’ with the desire to get results fast. Similarly, it is just as easy to give up as soon as you have one ‘slip’ in your eating or exercise plan, returning to old behaviours. This all-or-nothing behaviour is a common lapse and relapse trigger and should be avoided. Instead, approach behaviour change with a more flexible style where you balance your health needs with your lifestyle wants. This strategy is often referred to as the 80/20 approach, where 80% of the time you honor your health needs but 20% of the time you allow for flexibility in your choices. To make this approach work, it is best to intentionally plan in your 20% with permission and the absence of guilt. This new way will take time to trust and also learn what your 80/20 looks like, as each person’s 80/20 will look differently.

5.4 Pause & Reflect Exercise – 80/20 Approach.

What all-or-nothing thoughts or behaviours are common for you?	
How can you be more flexible in your thoughts and behaviours?	

5.5 Goal Setting

To support actionable behaviour change, you will need to set goals to help guide you. How you identify and set your goals can impact your ability in achieving them. The first and most important step when setting a personal goal is to identify *why* this goal is important to you. From here, consider using the SMART approach to goal setting which takes 5 factors into consideration:



- S: Is your goal specific?
- M: Is your goal measurable?
- A: Are your actionable steps attainable?
- R: What makes this goal rewarding to you?
- T: What is your timeline to start and finish this goal?

5.5 Pause & Reflect Exercise – Goal setting.

Choose one behaviour change that you want to implement this week and write a smart goal statement.

My SMART Goal Statement	
<u>Why</u> is this goal important to you?	
What roadblocks or barriers could get in your way in achieving this goal?	
What will you do to overcome these barriers?	

5.6 Supporting the Change Process

Change takes time. In fact, research supports that a lifestyle change can take up to 1-2 years for it to become a new automatic habit. The closer your dietary changes are to your starting habits, the greater the success rate of short and long-term adherence. What this tells us is that small changes have the highest success rate. Research also shows that journaling is one of the strongest predictors of dietary change and maintain weight loss due to its awareness affect.

Remember that any time a behaviour change is made, there will be temporary setbacks, referred to as lapses. A lapse most often occurs when there is a change in our circumstances. When this happens, it is important to not beat yourself up. Instead, identify why the lapse happened and what you could have done differently. The more aware you are of your lapse triggers the easier it will be for you to create a plan to deal with them the next time you are in a similar situation. Those who have a plan for dealing with lapses are much less likely to experience a relapse.

5.6 Pause & Reflect Exercise – Support the change process.

How will I keep myself motivated and accountable to my behaviour change goal(s)?	
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Who can I count on as an accountability partner?	
How will I know if I am moving away from my goal (lapse)?	

My Notes:

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