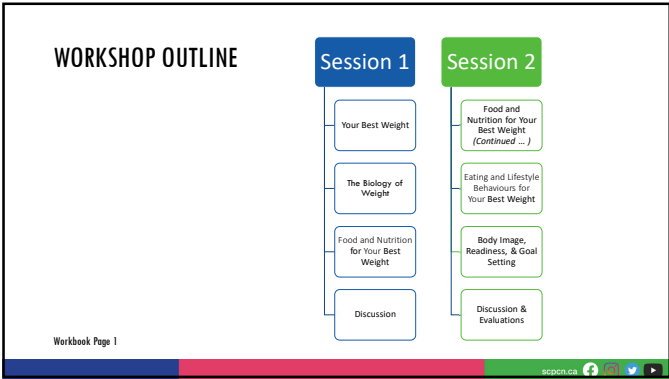


The Best Weight workshop was developed in accordance with the Canadian Adult Obesity Clinical Practice Guidelines and Alberta Health Services Clinical Guidelines for Adult Obesity Care.



1



2



3

A 'NORMAL' BMI IS NOT NECESSARILY YOUR "BEST WEIGHT"

<https://youtu.be/7Yg1LhHIXL8>

" ... but according to my BMI I need to lose 40 pounds in order to be healthy!"

Workbook Page 2
Section 1.1

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4


BEST WEIGHT DEFINED

Your “Best” weight is achieved when you focus on **healthy** and **enjoyable** behavioural changes that improve your overall quality of life.




The weight you achieve through these changes is considered your “best” weight.

Source: Obesity Canada

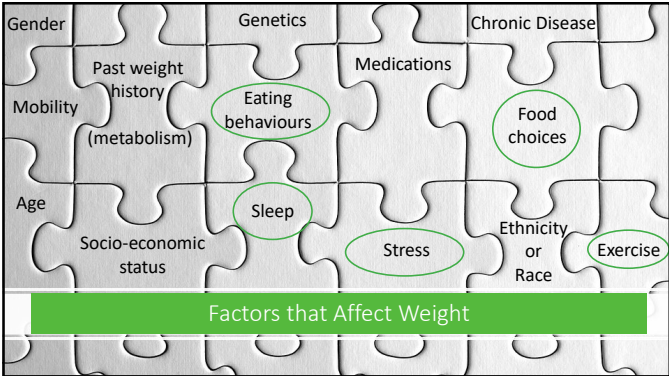
Workbook Page 2
Section 1.1



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5



6

Your Best Weight



PART 1
OVERVIEW

Pause & Reflect

How does this approach feel?

Questions?

7



BIOLOGY OF WEIGHT

PART 2

8

OBESITY IS A CHRONIC AND COMPLEX DISEASE

<https://youtu.be/JRFDWWx7WEM>

Workbook Page 3
Section 2.1



9

WHAT WE HAVE LEARNED FROM RESEARCH UP TO THIS POINT

- Obesity is highly genetic.**
 - Over 70-80% of our BMI is determined by our genes.
- Our body defends itself against weight loss and promotes weight re-gain.**
 - 80% of people who lose 5% of their weight regain it within 5 years
 - In most studies that look at diet and exercise, any weight that is lost is regained within 4-7 years
 - When a significant amount of weight is lost, hormonal cues change so that we feel an increased level of hunger and decreased satiety (fullness).
- Diets do not work in the long run.**

Workbook Page 3
Section 2.1

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CHRONIC DIETING IMPACTS OUR WEIGHT AND HEALTH

What happens when we are always “dieting?”

- Metabolism slows down
- With each diet, it becomes more difficult to lose weight and keep it off
- Our body is in a chronic state of stress
- It can lead to nutrient deficiencies and sometimes an eating disorder
- It wreaks havoc on our emotional health and self-confidence
- Dieting can result in strained relationships and does not provide an opportunity for healthy role modeling

Workbook Page 3
Section 2.1

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FOCUS ON BEHAVIOUR CHANGE, NOT WEIGHT

“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 TAKE YOU TO YOUR BEST WEIGHT.

Workbook Page 3

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Biology of Weight



PART 2
OVERVIEW

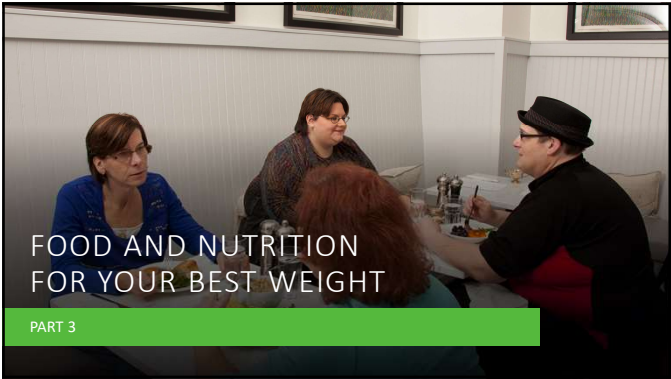
Pause & Reflect

Is this information new to you?

How does this make you feel?

Questions?

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FOOD AND NUTRITION
FOR YOUR BEST WEIGHT

PART 3

14

EATING WELL FOR WEIGHT
AND HEALTH - RESOURCE

What?

How Much?

Strategies

When?

Why?



Workbook Page 3
Section 3.1

15

WHAT YOU EAT & DRINK IMPACTS YOUR WEIGHT AND HEALTH

Supportive Strategies

Choose foods that help you feel *full*

Choose healthy drinks and stay hydrated


Shop for groceries with your goals in mind

Limit foods that are high in added sugar, salt, and saturated fat

Read food labels

Resource: Eating Well for Weight and Health, Page 1
Workbook Page 4, Section 3.2

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Eating well for weight and health

What?

Resource: Eating Well for Weight and Health, Page 1
Workbook Page 4, Section 3.2

17

FRUITS & VEGETABLES


Nature's multivitamin

Get the MOST nutrition by choosing:

- Fresh, whole foods
- Frozen without sauces
- Canned without added salt or sugar

Complete "My Foods" Reflection

Resource: Eating Well for Weight and Health
Page 3



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PROTEIN FOODS & DRINKS

Staying power

Get the MOST nutrition by choosing:

- Plain, unseasoned and un-breaded
- Lean cuts & skinless poultry, pork, and beef
- Unflavored, low-fat dairy & eggs
- Fish
- Beans, lentils, and tofu

Complete "My Foods" Reflection

Resource: Eating Well for Weight and Health

Page 4



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GRAIN FOODS

Fibre foods


Get the MOST nutrition by choosing:

- 100% whole grain
- Foods with 15% D.V. Fibre per serving
- Foods with little or no added sugar

Complete "My Foods" Reflection

Resource: Eating Well for Weight and Health

Page 5



20

OILS & FATS

Unsaturated healthy fats

Get the MOST nutrition by choosing:

- Heart healthy oils
- Vinaigrette dressings
- Hummus or Greek yogurt-based dips
- Avocado and guacamole
- Nuts and seeds, raw or dry-roasted

Complete "My Foods" Reflection

Resource: Eating Well for Weight and Health

Page 5



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OTHER FOODS & DRINKS

‘Everything else’

Get the MOST nutrition by choosing:

- Water or plant-based milks
- Sparkling water, coffee, and herbal tea
- Herbs and spices without added salt
- Condiments like mustard or hot sauce

Complete “My Foods” Reflection

Resource: Eating Well for Weight and Health

Page 6



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BREAKFAST
EXAMPLES AT
GLANCE

1

Oatmeal, blueberries,
1% milk, walnuts

2

Whole grain toast,
eggs, avocado, tomato

3

Greek yogurt,
strawberries, pumpkin
seeds, granola

1

Rice Krispy's and
almond milk

2

White toast with
butter & jam

3

Coffee and a donut or
pastry

Information not in workbook.

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DIETARY PATTERNS

Research supported for health benefits independent of weight loss.

1. Portfolio Dietary Pattern

2. Mediterranean Dietary Pattern

3. DASH Dietary Pattern

4. Vegetarian Dietary Pattern

5. Low-Glycemic Index Dietary Pattern

*Must be combined with a calorie reduction to result in weight loss.

Workbook Page 4

Section 3.2

Brown J, Clarke C, Johnson Stoklossa C, Sievenpiper J. Canadian Adult Obesity Clinical Practice Guidelines: Medical Nutrition Therapy in Obesity Management. Available from: <https://obesitycanada.ca/guidelines/nutrition>. Accessed April 23, 2021.

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MACRONUTRIENT-BASED DIETARY APPROACHES

Protein

- Protein may help with weight loss by promoting satiety and increases to muscle mass
- Recommended to include protein at every meal and snack
- Recommended amount is 1.2-1.6 g/kg per ideal body weight during active weight loss and maintenance to help preserve lean body mass
- Type of protein recommended is low in saturated fat (animal, plant, or both)
- Protein supplements are not necessary

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Section 3.2

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MACRONUTRIENT-BASED DIETARY APPROACHES

FAT

- High fat intake is generally associated with higher weight status.
- Fat is the most calorie dense macronutrient in the diet.
- Very low-fat and high-fat diets are not recommended and have a low adherence rate.
- Include healthy fat foods in small amounts, e.g., 1-2 servings per meal or snack, throughout your day.

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Section 3.2

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FOOD & NUTRITION


WHAT I EAT AND DRINK.

Pause & Reflect

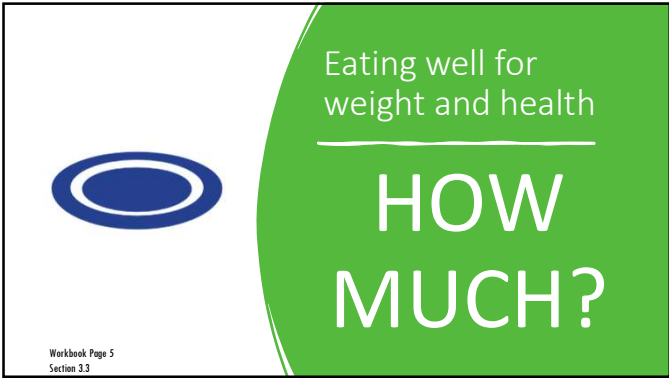
Exercise

Section 3.2

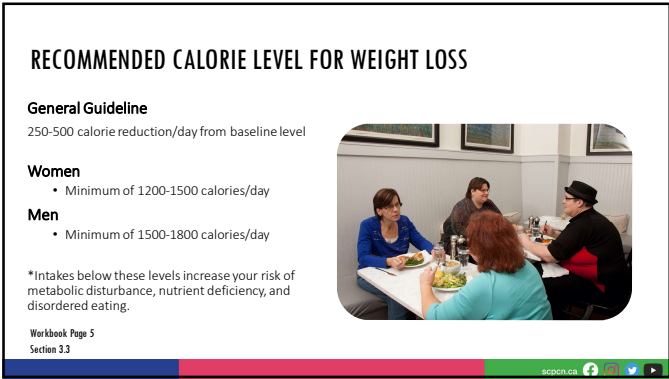
Workbook Page 5



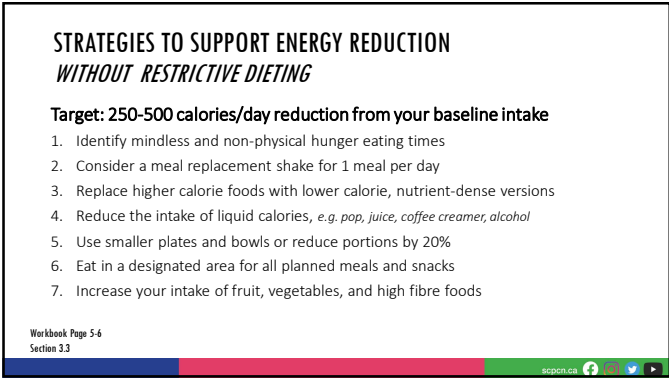
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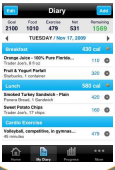
HOW MUCH YOU EAT & DRINK IMPACTS YOUR WEIGHT AND HEALTH.

4 Strategies to Support Healthy Portion Sizes

1. Food and beverage tracking **app**
2. **Hand**-guide to portion sizes
3. Balanced **plate** guide
4. **Intuitive** eating*

* Intuitive eating can help with both 'how much' and 'when'.

Workbook Page 6
Section 3.3



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FOOD & NUTRITION

HOW MUCH I EAT AND DRINK.

Pause & Reflect Exercise

Section 3.3

Workbook Page 6



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Eating well for weight and health

WHEN?

Workbook Page 7
Section 3.4

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WHEN YOU EAT & DRINK IMPACTS YOUR WEIGHT AND HEALTH.

Strategies to guide your meal and snack timing.

1. Regular eating patterns (structured)

2. Intuitive eating approach (non-structured)

1

Extremely hungry

Entire body feels weak, dizzy, irritable

2

Feelings of hunger

Stomach feels empty, stomach pangs or growling

3

Satisfied, comfortable

Neither hungry nor full

4

Feel full and uncomfortable

Pressure in stomach


5

Feel stuffed or sick

Entire body feels unwell

Workbook Page 7

Section 3.4



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EVIDENCE ON INTERMITTENT FASTING IN THE TREATMENT OF OBESITY

• There is no clear benefit of following one fasting schedule over another

• Emerging evidence indicates short term, small improvements in weight with calorie restriction




• When compared to continuous calorie restriction methods, there is no added advantage to intermittent fasting

• Long term trials are required as evidence is lacking to recommend the use of intermittent fasting as a treatment for weight loss and obesity

Intermittent fasting is NOT recommended in those with diabetes, pregnancy, lactation, those who need to take food with medications, or those with eating behaviours or anxiety disorders.

Information not included in workbook.

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FOOD & NUTRITION


WHEN I EAT AND DRINK.

Pause & Reflect

Exercise

Section 3.4

Workbook Page 8



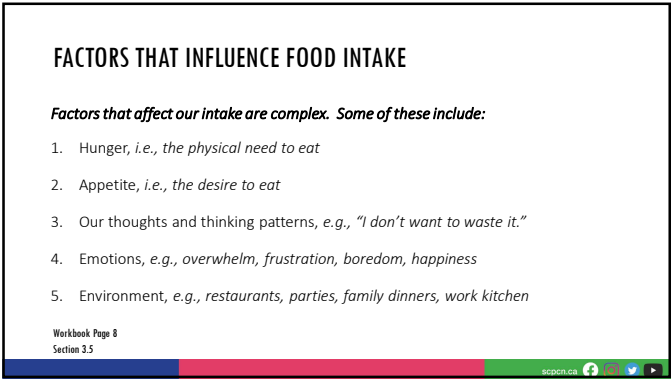
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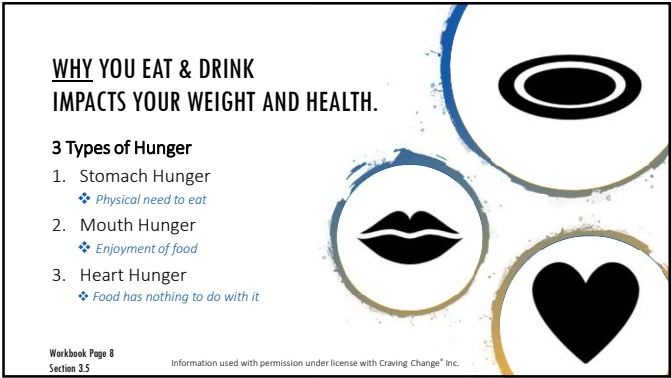
13



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3 TYPES OF HUNGER ACTIVITY

Which type of hunger is it?

"That cake is my favourite! I can't wait to try it."

❤️ "It would be wasteful to not eat everything on my plate."

"My energy is running a bit low. I need to eat something."

❤️ "I didn't want to be rude, so I had to eat it."

"I am so overwhelmed. I need to take a break and eat something."

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FOOD & NUTRITION

WHY I EAT AND DRINK.

Pause & Reflect Exercise

Section 3.5

Workbook Page 9

Food & Nutrition

PART 3 OVERVIEW

Pause & Reflect

1. **WHAT:** our food choices & dietary pattern

2. **HOW MUCH:** energy intake and portion size

3. **WHEN:** timing of meals/snacks, noticing hunger and fullness cues

4. **WHY:** internal and external influences, 3 types of hunger

Choose one area that you will focus on to make a behavioural change.



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PHYSICAL ACTIVITY GUIDELINES

Weight Loss

150-420+ minutes per week
e.g., 20-60 minutes per day

Weight Loss Maintenance

200-300+ minutes per week
e.g., 28-42 minutes per day

Considerations for physical activity

- This level of physical activity may not be realistic for everyone.
- Those who successfully lose and maintain their weight have less sedentary time overall in their day-to-day life.
- Plan your activity into your week as if it were an appointment.
- Choose to engage in activities that you enjoy.
- Focus on movement as a way of taking care of yourself.

Workbook Page 9
Section 4.1

Boulé NG, Prud'homme D. Canadian Adult Obesity Clinical Practice Guidelines: Physical Activity in Obesity Management. Available from: <https://obesitycanada.ca/guidelines/physicalactivity>. Accessed April 23, 2023.

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HEALTH BENEFITS WITH WALKING

It's more than just weight loss and maintenance!

1. Increased heart and lung fitness

2. Reduced risk of heart disease and stroke

3. Improved management of high blood pressure and cholesterol, diabetes, joint and muscular pain or stiffness

4. Increased muscle strength and endurance

5. Increased self-confidence and body positivity

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Section 4.1

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LIFESTYLE BEHAVIOURS

PLANNED PHYSICAL ACTIVITY



Pause & Reflect

Exercise

Section 4.1

Workbook Page 10

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SLEEP AND WEIGHT

There are adverse health outcomes for those that sleep *less than 5 hours or more than 9 hours*.

- Some studies show a disruption in appetite hormones – increased hunger and decreased satisfaction
- Increased preferences for high fat and sugary foods
- Increased reward signaling in the brain to crave high fat, high calorie foods
- Increased abdominal fat storage
- Poorer diet quality
- Decreased insulin sensitivity

Workbook Page 10

Section 4.2


Sleep. Harvard School of Public Health. Retrieved April 27, 2021 from <https://www.hsph.harvard.edu/nutritionsource/sleep/>

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STRATEGIES TO IMPROVE SLEEP

- Have a sleep routine and commit to it
- Include physical activity regularly
- Avoid heavy meals, snacks, and alcohol 2-3 hours before bed
- Limit caffeine
- Turn off electronics 1 hour before sleep
- Have a ritual to relax your body and mind before sleep
- If you wake in the middle of the night and can't get back to sleep, get up and do a quiet activity until you are tired enough to fall back asleep.



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Section 4.2


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LIFESTYLE BEHAVIOURS

SLEEP

Pause & Reflect Exercise

Section 4.2



Workbook Page 10

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EFFECTS OF CHRONIC STRESS ON WEIGHT

Many pathways connect stress and obesity.

Weight stigma itself can induce a stressful state.

Executive functioning and self regulation interference

Behaviour changes

- Induces overeating
- Drives the consumption of foods high in calories, fat, and sugar
- Decreases physical activity
- Shortens sleep

Physiological changes

- Reward centers in the brain are increased

Hormonal changes

- Increases hunger and decreases satiety
- Promotes fat storage

Workbook Page 11

Section 4.3

A. Janet Tomiyama. Stress and Obesity. Annual Review of Psychology 2019 70:1, 703-718

53

10 Stress Management Strategies

1. Exercise

2. Meditation

3. Breathing exercises

4. Body scan

5. Connect with people

6. Set healthy boundaries

7. Positive self-talk

8. Do not overcommit

9. Distract yourself with music or reading a book

10. Laugh or talk therapy

Know when to seek professional help.



Workbook Page 11

Section 4.3


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LIFESTYLE BEHAVIOURS

STRESS


Pause & Reflect Exercise

Section 4.3




Breathe In

1...2...3...4...




Hold In

1...2...



Breathe Out

1...2...3...4




Hold Out

1...2...

Workbook Page 11

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Lifestyle Behaviours



PART 4

OVERVIEW

Pause & Reflect

Summary of topics:

1. Planned Physical Activity

2. Sleep

3. Stress

Choose one area that you will focus on to make a behavioural change.

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BODY IMAGE, READINESS, & GOAL SETTING

PART 5

GIVING UP ON YOUR GOAL BECAUSE OF ONE SETBACK IS LIKE SLASHING YOUR OTHER THREE TIRES BECAUSE YOU GOT ONE FLAT.

PrimaryCare Network

SOUTH CALGARY

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BODY IMAGE AND BEST WEIGHT

Body Image Is

A person's beliefs, thoughts, perceptions, feelings and actions about their body and appearance.

Having a very negative view of our body and physical appearance can:

- Have a significant impact on our quality of life.
- Keep disordered eating going.

Workbook Page 12
Section 5.1

Body Respect Is

"My body deserves to ... :

- Be fed.
- Be treated with dignity.
- Be dressed comfortably and in a style that I like.
- Move comfortably and to the extent that is possible."

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CHALLENGING BODY DISSATISFACTION

- Consider the factors that have influenced your body image
- Consider what you like about your body
- Identify activities that help you feel good in your body
- Stop body comparisons
- Stop body checking
- Expand your areas of interest
- Practice mindful exercises
- Practice self-care
- Ask for help

Workbook Page 12
Section 5.1

"Improving your body image is not about changing your body, it's about making what is, less painful."

— Marcy Evans CEDRD

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GOAL SETTING AND PLANNING

BODY IMAGE

Pause & Reflect Exercise

Section 5.1

Workbook Pages 12-13

Body positive



Health is not a size & happiness is not a number in pounds.

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STAGES OF CHANGE

Precontemplation
Contemplation
Preparation
Action
Maintenance
Lapse & Relapse

Stable safer lifestyle

Workbook Page 13

Section 5.2

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WEIGHING THE PROS & CONS OF CHANGE

Decisional Balance Grid Exercise

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

	No Change	Change
Benefits of	<ul style="list-style-type: none">Less effortMore free timeFood and alcohol help me de-stressI can just be myself	<ul style="list-style-type: none">Improved self-esteem and confidenceFeel betterMore energy for work and lifeBetter Mood
Costs of	<ul style="list-style-type: none">Health deterioratesEconomic cost of healthCan't play with kidsBurden on familyFeel isolatedLow confidence	<ul style="list-style-type: none">I can't eat whatever I wantExercise makes me uncomfortableLots of effort requiredTime factorI'll only fail again

Workbook Page 13

Section 5.2

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GOAL SETTING AND PLANNING

STAGES OF CHANGE

Pause & Reflect Exercise

Section 5.2

Workbook Page 14

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HEALTH BENEFITS OF 5-10% WEIGHT LOSS

Modest weight loss results in significant health benefits!

1. Increased **HDL-Cholesterol**, lowering your risk of developing heart disease
2. Decreased **triglycerides**, lowering your risk of heart attack and stroke
3. Lower systolic and diastolic **blood pressure** by 5 mmHg
4. Lower A1c by 0.5%, this is similar to some **blood sugar** medications!
5. Significantly improve **insulin resistance**
6. Improve **sleep apnea**, sometimes enough to get off a c-pap machine
7. Decreased production of **inflammatory substances**, lowering your risk of strokes and heart attacks.

Workbook Page 14
Section 5.3

Nadia B. Pietrzykowska, Benefits of 5-10 Percent Weight-Loss. Retrieved April 30, 2021 from <https://www.obesityaction.org/community/article-library/benefits-of-5-10-percent-weight-loss/>

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WEIGHT PLATEAUS

1. Weight plateaus are normal and should be expected
 - Metabolic adaptation occurs – weight loss lowers the number of calories the body burns
 - Endocrine changes occur – weight loss changes circulating hormones which increases hunger and decreases satiety (fullness)
2. There are no behavioural strategies that can combat these changes
3. These changes are considered a significant contributor to long-term weight loss and weight maintenance.

Workbook Page 14-15
Section 5.3

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WEIGHT ‘SETTLING POINT’ MODEL

Factors that affect our settling point:

1. Biological traits
2. Energy balance
3. Food choices

To allow your body to accept a lower weight set point, research supports a gradual 10% stepped approach.

Workbook Page 15
Section 5.3



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GOAL SETTING AND PLANNING

WEIGHT LOSS PLANNING

Pause & Reflect Exercise

Section 5.3

EXPECTATIONS

Unmet

High

Low

Exceeded

Reality

DARIUS FORAUX

Workbook Page 15

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BALANCING WANTS AND NEEDS

80% of the Time Honour Your Needs

- Healthy food choices
- Healthy portion control
- Buying foods on your grocery list
- Sticking to your planned meals and snacks
- Home prepared meals
- Planned exercise
- Going to bed on-time
- Taking time for self-care

Needs

Best Weight Sustainable Lifestyle

Wants

80 / 20 Approach

20% of the Time Honour Your Wants

- Unhealthy food choices
- Intentionally overeat
- Buying foods that catch your eye
- Deviating from your meal plan
- Going out to eat or ordering in
- Skipping an exercise day to meet up with a friend
- Staying up late to watch a movie
- Putting someone else 1st

Workbook Page 15

Section 5.4

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GOAL SETTING AND PLANNING

80/20 APPROACH

Pause & Reflect Exercise

Section 5.4

HOW TO DITCH THE ALL-OR-NOTHING MENTALITY



Workbook Page 15

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BEHAVIOUR CHANGE GOAL SETTING

SMART Goals

Specific • Measurable • Attainable • Rewarding • Timely

1. Choose an **action-based goal** that is important to you.

2. Break this goal down into **specific**, actionable steps.

3. How will you **measure** your actions to know if you are doing it?

4. Are your actionable steps **attainable** given your current circumstances?

5. Identify why this is important to you. What makes it **rewarding**?

6. When will you start and review your goal? What is your **timeline**?

Workbook Page 15-16
Section 5.5

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GOAL SETTING AND PLANNING

GOAL SETTING

Pause & Reflect Exercise

Section 5.5

GOAL DESTINATION ACHIEVED!

How will you navigate around barriers in order to achieve your goal?

Workbook Page 16

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TOP TIPS FOR SUSTAINABLE BEHAVIOUR CHANGE

1. The closer your dietary changes are to your baseline intake, the greater the success rate of short and long-term adherence.

2. Self-monitoring is a strong predictor of dietary change and weight outcome due to an increased awareness of food intake.

3. Long-term and frequent contacts between you and a health professional

4. Lapses are normal and should be expected

5. Learn from lapses and create a plan for how to deal with them is an important step to prevent a relapse from occurring

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Section 5.5

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GOAL SETTING AND PLANNING
SUPPORT THE CHANGE PROCESS

Pause & Reflect
Exercise

Section 5.6

Workbook Page 16-17

Accountability Buddy

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Body Image, Readiness, &
Goal Setting

PART 5
OVERVIEW

Pause & Reflect

Summary of topics:
1. Body Image
2. Stages of change
3. Benefits of 5-10% weight loss
4. Goal setting
5. Sustainable behaviour change

Questions?

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