



add text

Welcome to Session 1

BEST WEIGHT WORKSHOP
Community Wellness Program

Photo Credits Obesity Canada. Used with permission.







1

HOUSEKEEPING

- Sensitive/personal information that is shared in the group should stay in the group.
- If you need to leave the workshop early, please let the facilitator know now.
- Should you have any questions regarding privacy, please contact privacy@scpcn.ca.
- There will be a 5-minute break at the halfway point to stretch and use the washroom, if required.
- There will be time at the end of each session to answer questions.
- Please arrive on time and bring your materials to each session.

scpcn.ca







2

PARTICIPANT WORKBOOK PAUSE & REFLECT QUESTIONS

- Materials you have been provided for this workshop:
 - A **printed copy of the workbook**, or the fillable Word document available on your computer during this workshop.
 - AHS **‘Eating Well for Weight and Health’** resource.
- At the end of each section, we will take a moment to pause so that you can reflect on the information provided.
- During this time, we ask that you **answer the questions** listed in **your workbook** to determine how this information directly applies to you and your personal goals. Some questions may require longer reflection and will not be answered during the workshop.
- We will **not discuss** these questions as a group during the workshop and your **answers will remain confidential** to you.

scpcn.ca



3

WORKSHOP OUTLINE

Session 1





- Your Best Weight
- The Biology of Weight
- Food and Nutrition for Your Best Weight
- Discussion

Session 2

- Food and Nutrition for Your Best Weight (Continued ...)
- Eating and Lifestyle Behaviours for Your Best Weight
- Body Image, Readiness, & Goal Setting
- Discussion & Evaluations

Workbook Page 1

scpcn.ca



4



5

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

What's Wrong with BMI?

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

Workbook Page 2
Section 1.1

scpcn.ca

6


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

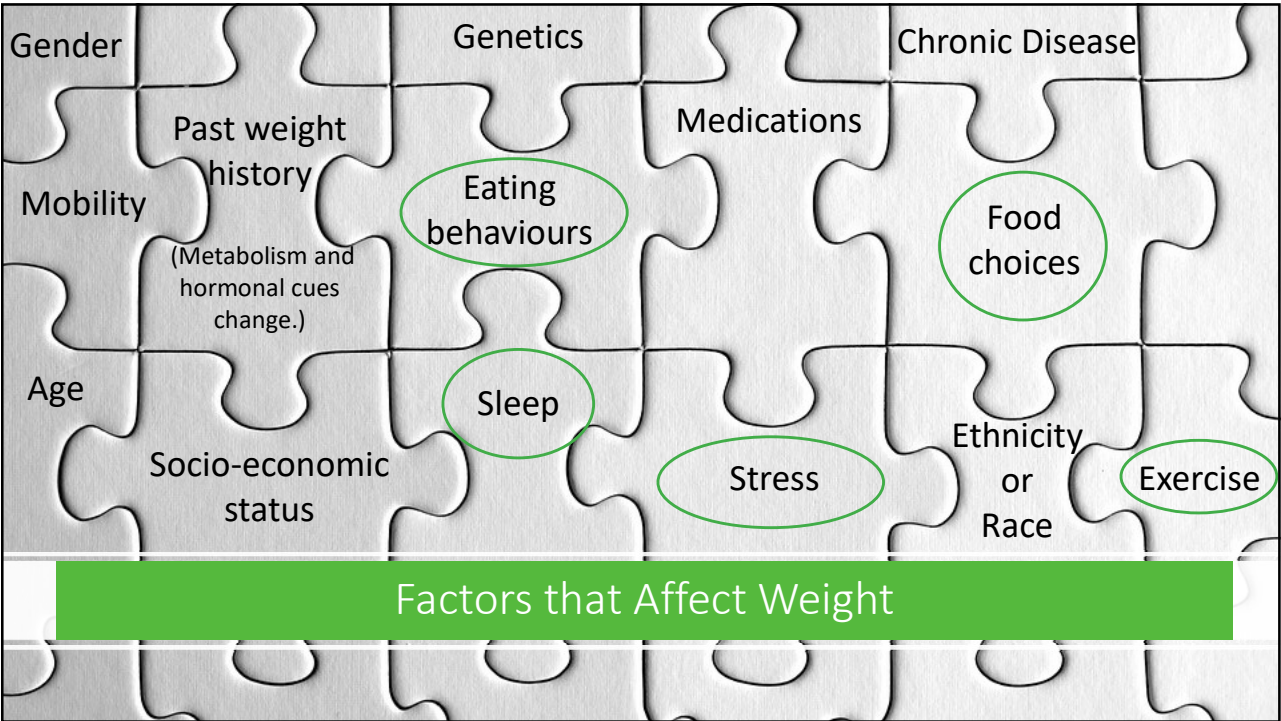
Workbook Page 2
Section 1.1



scpcn.ca




7



8

Your Best Weight



PART 1
OVERVIEW

Pause & Reflect

How does this approach feel?

Questions?

9



BIOLOGY OF WEIGHT

• PART 2

10

OBESITY IS A CHRONIC AND COMPLEX DISEASE



This video is shown for educational purposes only and is not meant to be an endorsement of Novo Nordisk and its products by South Calgary Primary Care Network.

Workbook Page 3
Section 2.1

scpcn.ca



11

WHAT WE HAVE LEARNED FROM RESEARCH UP TO THIS POINT

1. **Obesity is highly genetic.**
 - Over 70-80% of our BMI is determined by our genes.
2. **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).
3. **“Diets” do not work in the long run.**

Workbook Page 3
Section 2.1

scpcn.ca



12

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.
- It can result in strained relationships and does not provide an opportunity for healthy role modeling.

Workbook Page 3

Section 2.1

scpcn.ca



13

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

scpcn.ca



14

Biology of Weight



PART 2
OVERVIEW

Pause & Reflect

Is this information new to you?

How does this make you feel?

Questions?

15

5 MINUTE BREAK



16



17



18

WHAT YOU EAT & DRINK IMPACTS YOUR WEIGHT AND HEALTH

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

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

19



Eating well for weight and health

What?

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

20

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



scp

21

PROTEIN FOODS & DRINKS

Staying power

Get the MOST nutrition by choosing:

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

Complete "My Foods" Reflection

Resource: Eating Well for Weight and Health
Page 4



22

GRAIN FOODS


Fibre foods

Get the MOST nutrition by choosing:

- 100% whole grain foods
- 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



scp

23

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



scp

24

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




scp


25

BREAKFAST EXAMPLES AT GLANCE

Information not in workbook.







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

scpcn.ca



26

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 21, 2021.

scpcn.ca



27

MACRONUTRIENT-BASED DIETARY APPROACHES

Carbohydrate-restricted diets

- Defined as less than 130 grams carbohydrate/day
- Evidence of greater weight reduction in the short-term (6-12 months)
- No clinical difference in weight loss over 12 months when compared to other dietary approaches
- Typical weight loss achieved ranges between 1.5-9.0 lbs. (0.7-4.0 kg)

Considerations:

- Risk of nutrient deficiency; ketogenic diets pose the highest risk
- Long-term adherence is challenging
- Ketogenic diets are NOT recommended in pregnancy or those with kidney stones

Workbook Page 4
Section 3.2

scpcn.ca



28

MACRONUTRIENT-BASED DIETARY APPROACHES

Protein-increased diets

- Protein may help with weight loss by promoting satiety and increases to muscle mass
- Recommended to include protein at every meal and snack
- Choose proteins low in saturated fat, *i.e.*, <10% D.V. Saturated Fat
- Protein supplements are not necessary to reach daily intake recommendation.
- Suggested* daily protein intake amounts during active weight loss and maintenance to help preserve lean body mass:

Height	5' 0" to 5'5"	5'6" to 5'11"	6'0" to 6'5"
Daily Protein Suggestion	60-105 grams	65-130 grams	130-145 grams
Per Meal/Snack Suggestion	15-26 g 4x/day	16-33 g 4x/day	33-36 g 4x/day

Workbook Page 5
Section 3.2

*Protein amounts are guidelines only and are not to be interpreted as an individual nutrition prescription. Those requiring a modified protein diet, e.g., low protein diet, should **not** use these protein guidelines.

scpcn.ca

29

MACRONUTRIENT-BASED DIETARY APPROACHES

Protein sources in the diet

Food source	Portion size	Grams of protein (approximate)
Beef, poultry, pork, fish	75 grams or 2 ½ oz.	21
Cottage cheese, eggs, high protein milk and Greek yogurt	½-¾ cup or 2 eggs	15
Legumes, lentils, firm tofu, cheese	¾ cup or 50 g (1 ½ oz.)	12
Peanut butter, almond butter, hemp hearts, pumpkin seeds	2 Tbsp.	8
Cow/soy milk, regular yogurt	¾ to 1 cup	8
Grains <i>Bread products, cereals, cooked pasta, cooked rice</i>	35 grams or ½ cup	4
Fruit and vegetables Plant-based beverages (almond, cashew, coconut, rice)	½ cup or 1 fruit 250 mL or 1 cup	1
Salad dressing, oil, butter, margarine	1 tsp. to 1 Tbsp.	0

Chart not included in participant workbook
Section 3.2

Source: Canadian Nutrient File, 2015.

scpcn.ca

30

For education purposes only. Information provided should not replace individual recommendations.

15

MACRONUTRIENT-BASED DIETARY APPROACHES





FAT-increased or decreased diets

- 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.

Workbook Page 5

Section 3.2

scpcn.ca



32

FOOD & NUTRITION

WHAT I EAT AND DRINK.

Pause & Reflect

Exercise

Section 3.2

Workbook Page 5



33



Eating well for
weight and health

HOW
MUCH?

Workbook Page 5
Section 3.3

34

RECOMMENDED CALORIE LEVEL FOR WEIGHT LOSS

General Guideline
250-500 calorie reduction/day from baseline level

Women


- Minimum of 1200-1500 calories/day

Men





- Minimum of 1500-1800 calories/day

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

Workbook Page 5
Section 3.3



scpcn.ca



35

STRATEGIES TO SUPPORT ENERGY REDUCTION *WITHOUT RESTRICTIVE DIETING*

Target: 250-500 calories/day reduction from your baseline intake

1. Identify mindless and non-physical hunger eating times
2. Consider a meal replacement shake for 1 meal per day
3. Replace higher calorie foods with lower calorie, nutrient-dense versions
4. Reduce the intake of liquid calories, *e.g., pop, juice, coffee creamer, alcohol*
5. Use smaller plates and bowls or reduce portions by 20%
6. Eat in a designated area for all planned meals and snacks
7. Increase your intake of fruit, vegetables, and high fibre foods

Workbook Page 5-6
Section 3.3

scpcn.ca

36

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



37

FOOD & NUTRITION

HOW MUCH I EAT AND DRINK.

III

Pause & Reflect Exercise

Section 3.3

Workbook Page 6

38

PrimaryCare Network SOUTH CALGARY

GROUP DISCUSSION

End of Session 1

39



Welcome Back to Session 2

BEST WEIGHT WORKSHOP
Community Wellness Program

Photo Credits Obesity Canada. Used with permission.




40

HOUSEKEEPING REVIEW

- Sensitive/personal information that is shared in the group should stay in the group.
- If you need to leave the workshop early, please let the facilitator know now.
- Should you have any questions regarding privacy, please contact privacy@scpcn.ca.
- There will be a 5-minute break at the halfway point to stretch and use the washroom, if required.
- There will be time at the end of each session to answer questions.
- Please arrive on time and bring your materials to each session.

scpcn.ca







41

PARTICIPANT WORKBOOK REVIEW

- Materials you have been provided for this workshop:
 - A **printed copy of the workbook**, or the fillable Word document available on your computer during this workshop.
 - AHS **‘Eating Well for Weight and Health’** resource.
- At the end of each section, we will take a moment to pause so that you can reflect on the information provided.
- During this time, we ask that you **answer the questions** listed in **your workbook** to determine how this information directly applies to you and your personal goals. Some questions may require longer reflection and will not be answered during the workshop.
- We will **not discuss** these questions as a group during the workshop and your **answers will remain confidential** to you.

scpcn.ca



42

WORKSHOP OUTLINE

Session 1





- Your Best Weight
- The Biology of Weight
- Food and Nutrition for Your Best Weight
- Discussion

Session 2

- Food and Nutrition for Your Best Weight (Continued ...)
- Eating and Lifestyle Behaviours for Your Best Weight
- Body Image, Readiness, & Goal Setting
- Discussion & Evaluations

Workbook Page 1

scpcn.ca



43



Eating well for
weight and health

WHEN?


Workbook Page 6 (bottom)
Section 3.4

44

WHEN YOU EAT & DRINK
IMPACTS YOUR WEIGHT AND HEALTH.

Strategies to guide your meal and snack timing.

- Regular eating patterns (*structured*)
- Intuitive eating approach (*non-structured*)



1	2	3	4	5	6	7	8	9	10
Extremely hungry		Feelings of hunger		Satisfied, comfortable		Feel full and uncomfortable		Feel stuffed or sick	
Entire body feels weak, dizzy, irritable		Stomach feels empty, stomach pangs or growling		Neither hungry nor full		Pressure in stomach		Entire body feels unwell	

Workbook Page 7
Section 3.4

45




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, eating or anxiety disorders, that are pregnant or lactating, or need to take food with medication.

Information not included in workbook.

scpcn.ca



46

FOOD & NUTRITION

WHEN I EAT AND DRINK.

Pause & Reflect Exercise

Section 3.4



Workbook Page 8

47



Eating well for weight and health

Why?

Workbook Page 8
Section 3.5





48

FACTORS THAT INFLUENCE FOOD INTAKE

Factors that affect our intake are complex. Some of these include:

1. Hunger, *i.e., the physical need to eat*
2. Appetite, *i.e., the desire to eat*
3. Our thoughts and beliefs , *e.g., "I don't want to waste it."*
4. Emotions, *e.g., overwhelm, frustration, boredom, happiness, celebration*
5. Environment, *e.g., fast food, parties, family dinners, work, grocery store, TV ads*

Workbook Page 8
Section 3.5

scpcn.ca    

49

WHY YOU EAT & DRINK IMPACTS YOUR WEIGHT AND HEALTH.

3 Types of Hunger

1. Stomach Hunger

❖ *Physical need to eat*

2. Mouth Hunger

❖ *Enjoyment of food*

3. Heart Hunger

❖ *Food has nothing to do with it*




Workbook Page 8
Section 3.5


Information used with permission under license with Craving Change® Inc.


50


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." 

scpcn.ca



51

FOOD & NUTRITION

WHY I EAT AND DRINK.

Pause & Reflect

Exercise


Section 3.5

Workbook Page 9



52

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.

53



54

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 21, 2021..

55

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

Workbook Page 9
Section 4.1

A photograph showing the back of a family of four walking away on a paved path in a park. From left to right: a man in a red plaid shirt, a woman in a red patterned top, a young boy in a red plaid shirt, and a woman in a red top. They are walking towards a line of trees under a bright, hazy sky.

56

LIFESTYLE BEHAVIOURS

PLANNED PHYSICAL ACTIVITY

Pause & Reflect

Exercise

Section 4.1

Workbook Page 10

A photograph of a woman with short dark hair, wearing a light purple t-shirt and red boxing gloves, smiling and throwing a punch towards a black punching bag in a gym.

A photograph of two women in a gym setting. One woman, with grey hair and wearing a grey long-sleeved shirt, is in a low lunge or yoga pose on a black mat. Another woman with dark hair is standing behind her, smiling and looking at her.

57

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/>

scpcn.ca



58

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.

Workbook Page 10
Section 4.2



59

LIFESTYLE BEHAVIOURS

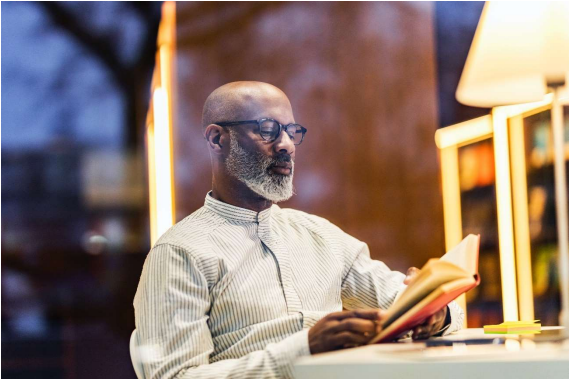
SLEEP

Pause & Reflect

Exercise

Section 4.2

Workbook Page 10



60

EFFECTS OF CHRONIC STRESS ON WEIGHT

Many pathways connect stress and obesity.

Weight stigma itself can induce a stressful state.

Workbook Page 11

Section 4.3

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

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

61

For education purposes only. Information provided should not replace individual recommendations.

30

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

Workbook Page 11

Section 4.3

Know when to seek professional help.

62

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

63

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.

64

5 MINUTE BREAK



65

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

VISION
2025

66

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.”

scpcn.ca

67

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

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

Workbook Page 12
Section 5.1

scpcn.ca

68

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.

69

STAGES OF CHANGE

Precontemplation

Contemplation

Preparation

Action

Maintenance

Lapse & Relapse

The diagram is a circular flow chart with seven segments. Starting from the bottom and moving clockwise: 'Precontemplation', 'Thinking about change', 'Preparing to change', 'Making changes', 'Maintaining changes', 'Relapse', and back to 'Precontemplation'. Arrows connect each segment to the next. An arrow points from the 'Maintaining changes' segment to the text 'Stable safer lifestyle'.

Workbook Page 13

Section 5.2

70

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

71

GOAL SETTING AND PLANNING

STAGES OF CHANGE

Pause & Reflect Exercise

Section 5.2



Workbook Page 14

72

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, 2021from <https://www.obesityaction.org/community/article-library/benefits-of-5-10-percent-weight-loss/>

scpcn.ca



73

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

scpcn.ca



74

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



75

GOAL SETTING AND PLANNING

WEIGHT LOSS PLANNING

Pause & Reflect Exercise

Section 5.3

Workbook Page 15

76

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





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

80 / 20
Approach

Workbook Page 15
Section 5.4

scpcn.ca



77

Workbook Page 15



78

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

79

GOAL SETTING AND PLANNING

GOAL SETTING



Pause & Reflect Exercise

Section 5.5

Workbook Page 16



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

80

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

Workbook Page 16
Section 5.5

scpcn.ca



81

GOAL SETTING AND PLANNING


SUPPORT THE CHANGE PROCESS

Pause & Reflect

Exercise

Section 5.6


Workbook Page 16-17



Accountability Buddy

82

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?





83

NEXT STEP OPTIONS



<div>Group Medical Visits for Best Weight</div> <div>Small group support over 4 months.</div> <div>Dig deeper into strategies discussed in this workshop.</div>	<div>My Way to Health</div> <div>8-week workshop</div> <div>Behavior change, exercise, & nutrition.</div>	<div>Craving Change</div> <div>6-week workshop (or) Monthly support group</div> <div>Eating behaviour challenges</div>	<div>Label Reading and Menu Planning</div> <div>One 2-hour workshop</div> <div>Healthy eating education</div>	<div>1:1 Dietitian</div> <div>Referral required</div> <div>Up to 6 appointments</div> <div>Multiple health concerns</div>	<div>PCBH Support</div> <div>Accessed through your family doctor</div> <div>Support with behaviour change & accountability</div>
---	---	--	---	---	--

scpcn.ca



84

THANK YOU!

QUESTIONS + EVALUATIONS



85