



**A
L
A
S
K
A

P
R
E
M
I
E
R

H
E
A
L
T
H**

Ongoing weight management

Success—What Does It Take?

As we have all thought many times, “I know what to do, I just need to start doing it.” “Just doing it” can be a difficult assignment when we have had years responding to powerful cues that trigger behavior patterns such as overeating and physical inactivity, and can lead to a general belief that our health-related needs are secondary to the needs of others.

Successful weight managers embrace a set of guidelines for living and understand that their goal is a state of remission from their unwanted pounds. Research demonstrates that the tasks involved in successfully maintaining significant weight loss fit together like building blocks of a pyramid: they are interdependent and need to lock together to create strong links to a healthier life. The pyramid to success concept in this module addresses these issues.

It is important to recognize our attitudes and values. We see examples of this every day. Individuals can face the same life circumstances, but respond to them in different ways. For instance, a divorce to some individuals confirms their belief that they are unlovable, unable to sustain intimacy or are unworthy life partners. Holding these attitudes results in feelings of depression and worthlessness which in turn facilitates behavior associated with these emotions. Other individuals interpret divorce as an opportunity for growth and change, and have a chance to rise above a difficult life circumstance. Yes, there are feelings of loss and sadness, but also positive emotions such as hope and excitement that can facilitate positive behaviors.

tools for success

- Understand the behaviors and tasks involved for long-term weight management.
- Understand your current attitudes and beliefs about losing and maintaining your weight.
- Understand the attitudes and values you hold that affect your ability to meet life’s challenges, particularly relating to weight management.

www.OPTIFAST.com

2 Ongoing Weight Management

For individuals struggling to manage their weight, the issues of attitudes and beliefs can have a tremendous effect on their success in managing their weight.

Many people do not think that values and attitudes play a decisive role in weight management. However, they form exercise and nutritional behaviors necessary for successful weight management. Our attitudes influence our responses to those barriers, which prevent us from following through on weight management tasks.

For example, some individuals who return to weight loss programs are ashamed of their failure and criticize themselves for their mistakes. Others who reenter a program recognize their decision as another step in their persistent, long-term effort to conquer this difficult problem. Their current effort is seen as an opportunity to further problem-solve the issues that prevent them from sustaining a healthier lifestyle. These individuals accept their previous attempts at weight loss as giving them vital insights on how to better approach their problems this time around. They see **opportunities** and **possibilities** for long-term change.

Pyramid to Success

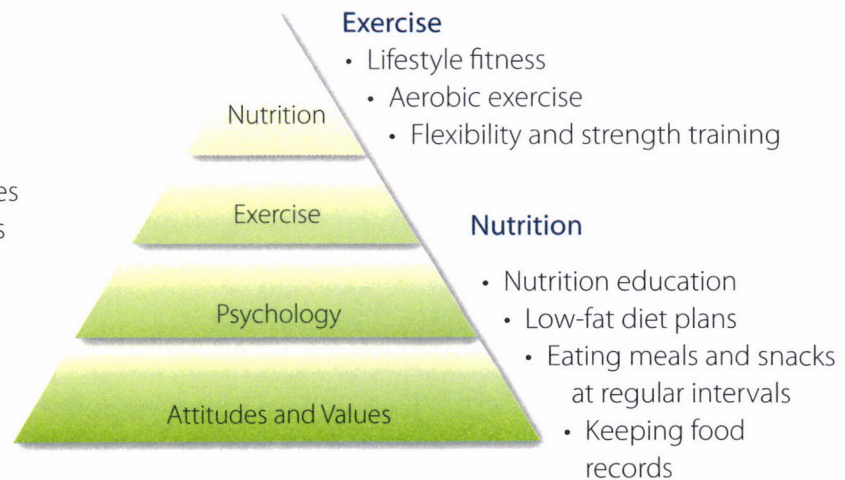
Successful weight management is enhanced as long as you are able to consistently review and balance the pieces of the pyramid. Keep in mind that the foundation upon which all the other building blocks depend are the attitudes and values that we bring to the challenge of weight management. All blocks are important to long-term weight management.

Attitudes and Values

- Commitment and courage
- Accepting temporary discomfort
- Ownership
- Focus on consequences to choices
- Acceptance of self and limitations

Psychology

- Awareness of reasons why you eat other than hunger
- New coping strategies to deal with those reasons



If you find yourself maintaining attitudes that diminish your ability to sustain a positive focus on weight management, the first step you can take is to decide that these attitudes do not work for you and to let them go. The choice is yours.

Where Are You?

The following questionnaire will help you understand your attitudes and beliefs about weight management. Check all that apply.

1. Exercise is too difficult for me.
2. I can easily identify the benefits I get from exercise.
3. I am concerned about finding and sustaining the time required for an exercise program.
4. I exercise aerobically 4–5 times a week.
5. I often feel victimized by my slow metabolism.
6. Working toward a total fitness program will be a challenge, but I feel up to it.
7. I resent the fact that I have to define and follow a daily food plan.
8. I understand the principles behind low-fat eating, and I am eager to expand my knowledge base.
9. I dislike the taste of low-fat products.
10. It takes effort to prepare and learn about low-fat cooking, but the results are worth it.
11. Consistently measuring my food portions takes too much time.
12. I like to eat but know that I can master smaller portions.
13. Planning and eating 5–6 times a day at regular intervals seems like an unrealistic lifestyle adjustment.
14. Nothing can get in the way of my seeking health; I will manage any obstacle.
15. I have been at this weight management task too long, and this feels like my last chance.
16. I feel confident that I can sustain the behavioral focus required to manage my weight.
17. I often think managing my weight isn't worth the effort it takes to be successful.
18. I am excited to be back on track with my weight management efforts.
19. I find myself being uncomfortable in situations where I have to say "No" to food and probably will never be able to change this.
20. While I sometimes feel burdened by all the elements of weight management, I see the rewards and they make it worthwhile.

Scoring:

For every odd number statement you checked, give yourself 2 points.

Your score: _____

- 0 You have no questions in your mind that you want and can succeed at weight loss.
- 2 – 8 You have some questions about the benefits of weight loss. You may find it helpful to talk with a professional about the attitudinal barriers to weight management.
- 10 – 20 You are unsure of your ability to master the skills of weight management and are confused about whether your efforts will be worthwhile. It would be best for you to discuss with a trained professional the reasons why you want to lose weight and the steps you might take to increase your confidence and motivation.

For every even number you checked, give yourself 3 points.

Your score: _____

- 3 – 15 You display some positive attitudes towards weight loss, exercise, and nutrition. It would help to focus on the benefits you receive now and how to improve your mental attitude.
- 18 – 30 You display a positive attitude towards weight loss, exercise and a healthy nutritional lifestyle.

Successful Weight Managers

The National Weight Control Registry (NWCR), is the largest ongoing study of individuals who have been successful at long-term management of weight loss. More than 5,000 women and men enrolled have lost an average weight loss of 66 lbs. and maintained the loss for more than five years. The minimum criteria to enter the registry as a participant is a 30 pound loss maintained for at least 1 year. Approximately 55% of the group has lost weight with the assistance of formal programs and the remaining 45% lost weight on their own. Both groups reported using both diet and exercise to achieve their losses.

Detailed questionnaires and annual follow-up surveys are used to examine the behavioral and psychological characteristics of weight maintainers, as well as the strategies they use to maintain their weight losses. Recruitment to the Registry is ongoing; visit nwcr.ws for more information.

Researchers studying this group have identified six key strategies to long term success including:

- High levels of physical activity – Approximately 1 hour per day and over 90% of participants used walking as their activity.
- Eating a low calorie and low fat diet
- Eating breakfast every day – Three out of four registrants reported breakfast as a meal they eat everyday.
- Regular self monitoring of weight – 75% of participants did this on a weekly basis.
- Maintaining consistent eating patterns – Participants reported keeping meal plans consistently between week day and weekend patterns
- Managing “slips” before turning into large weight regain – Participants took measures to stop smaller weight gains before turning into a relapse.

Reference: www.nwcr.ws

These strategies can be an important part of building your nutrition and exercise blocks in the pyramid to success. Continue to use your team of health care professionals and supportive family and friends to build a successful weight management plan.

key goals

Using the tips in this module, develop 2 – 3 goals to work towards.

1	
2	
3	

OPTIFAST®

The serious solution for weight loss™

www.OPTIFAST.com • 800-662-2540 • Minneapolis, MN 55440-0370 USA.

All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland. © Copyright Nestlé HealthCare Nutrition, Inc. All rights reserved.

OPTI-10086-0408