

Starting Your Personal Weight Loss Journey

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What to expect from this session....

The secret to long-term weight loss is not glamorous, but it works. Weight control requires fewer calories, healthy eating habits, and regular exercise.

Many of us already know this. The challenge is putting it into action. This session will help **you** create a weight-loss plan that works for you following a "slow-go" approach.



Session Objectives

- Participants will
 - identify at least two behaviors that will help you lose weight.
 - list at least one specific action step they can take to reach their weight loss goal.
 - identify at least two resources available to BSU employees to assist them in their weight management plan.



Your Healthy Changes Plan

- My long term goal is....
- How ready am I to make a change?
- What are the benefits of reaching this goal?
- Steps I will take to achieve this goal are...
 - What
 - When
 - How often
- What barriers may prevent me from reaching this goal?
- What steps can I take to overcome these barriers?
- What support or resources will I need to achieve my goal?
- How confident am I that I can reach this goal?



What Behaviors Work?

- Common behaviors found among participants in the National Weight Control Registry
 - Eating low calorie, low fat diet
 - Eating breakfast almost everyday
 - Frequent self-monitoring of weight
 - Participating in high level of physical activity



“Slow-Go” Approach

Behaviors that help you lose weight and keep it off:

1. Set the right goals.
2. Build momentum with success.
3. Reward success.
4. Keep track.
5. Know your triggers.
6. Get the fullness message.

What does this mean for you?

- Think about your personal situation.
 - Are you ready to start your weight loss journey?
- Brainstorm with a partner at least 2-3 behaviors you could change to help you get started.
 - Examples:
 - eat breakfast everyday; drink water instead of pop (even diet pop);
 - take at least 20 minutes to eat my lunch at work away from my desk;
 - write down what I eat/drink each day for at least 3 days.



Resources for You!!!

- Meet with Registered Dietician through Nutrition Assessment Lab
AskanRD@bsu.edu
- Join Adult Fitness Program <http://www.bsu.edu/apfp/>
- Sign up for a fitness class through Recreational Services
www.bsu.edu/recreation
- iCanChange™ Weight Management Coaching program through Working Well office.



Additional Resources

- BSU Dining Net Nutrition
 - <http://cms.bsu.edu/CampusLife/Dining/NutritionInformation.aspx>
- My Plate
 - www.myplate.gov
- BSU Fitness Journal
 - <https://secure.fitnessjournal.org/?vip=bsufe>
- My Fitness Pal
 - www.myfitnesspal.com
- Spark People
 - <http://sparkpeople.com/>
- The Daily Plate
 - <http://www.livestrong.com/thedailyplate/>



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The text is centered and overlaid on a series of five circles. The circles alternate in style: a solid light purple circle, a white circle with a light purple outline, a solid light purple circle, a white circle with a light purple outline, and a solid light purple circle.

What will you enjoy during your journey?

<http://www.thefuntheory.com/>



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