

# Lifestyle Weight Management Program Overview

## 1<sup>st</sup> 2 hour Meeting

- Discuss lifestyle, weight history, eating & exercise habits, health history, review all questionnaires & food diary. Review Program & how we will work together. Have Body Composition & Metabolic tests done prior to 2<sup>nd</sup> meeting. **Start reading "Fit or Fat" books.**



## 2<sup>nd</sup> 2 hour Minute Meeting

- Discuss Fitness Wave tests, set goals, food intake analysis, sample meal plan, label reading
- Discuss Fit or Fat video, Balancing Priorities and Beating Barriers to Lifestyle Change
- Creating a Lifestyle Defense Plan – how will you meet potential barriers, creating a support system
- Making health a priority – how to integrate it with all your other priorities.
- Identifying potential barriers that have blocked your progress in the past, sources of support
- What is it going to take for you to achieve your goal

## 4 follow up 30-45 minute Phone Counseling Meetings

1. **10 Steps to Changing Your Eating Behavior, Break the Diet Cycle, Eating for Weight Loss, Rapid Vs Moderate Weight Loss, Dream Achievement Page Goal Setting, *Review Weekly Goals Workbook completed by clients***
  - making lasting lifestyle changes, redefine health
  - a healthy body comes from healthy eating & what the scale misses
  - building a goal & making an agreement on paper that you can measure, gauge & follow through with!
2. **Non-diet Approach to Healthy Eating, Healthy Eating Made Easy, Making Better Food Choices, Meal Strategies, Energy Boosters, Tracking Your Eating, *Review Weekly Goals Workbook.***
  - staying more active and learning to eat in a more natural way than lifetime dieting
  - putting the basics of eating healthy into practice by gradually creating a balanced diet without giving up all your personal tastes and the 80/20 rule
  - creating a "food plan" for yourself so smart eating habits become second nature
  - strategies for eating out & at home
3. **Guidelines Up Exercise Needs!, Are you Ready to Exercise?, Motivation, Fitting in Fitness, Staying Motivated, Sports Psychology Techniques, Calorie Burning Activities, What does 3500 Mean to You?, *Review Weekly Goals Workbook***
  - Making exercise part of your daily routine & getting out of it what you put into it
  - Staying focused on the process not the results, consistency & persistence are key.
  - Planning your time more wisely – discuss 4 laws of success.
  - Changing your program as you become more skilled
4. **Successful Weight Control, Diet Vs Exercise, Weight Loss Plateaus, Nutrition & Your Health: The New Dietary Guidelines, S.M.A.R.T. Goal Worksheet, *Review Weekly Goals Workbook***
  - Why exercise is important in weight management
  - Assessing how much your eating compared to your activity levels when reaching a weight loss plateau
  - Building a healthy diet (eating a variety of foods) & lifestyle with sensible eating & regular physical activity for a long healthy life
  - Setting clear goals here on out