

Level One - Workshop One

Weight Management

Participant Workbook

Name: _____

Date: _____

Alberta Healthy Living North Zone

Information Line: 1-877-349-5711

Website: <https://www.healthylivingprogram.ca/>

What Matters to You?



Imagine what your life would be like at your best health and weight.
Write down how each aspect of your life may be different at your best health and weight.

Physical Health (e.g. sleep, pain, medications, medical conditions, movement)

Daily Life (e.g. work, volunteering, school, travel, care-giving, leisure, relationships, social life, and stress)

How you feel about yourself? (e.g. self-image, self-esteem, confidence, self-talk)

We often call these **non-scale victories**. They are the outcomes you are looking for based on what you value.

Weight affects Health and Health affects Weight

Obesity is considered to be a chronic disease when a person's weight adversely affects their health. As a chronic disease it can have many contributing factors, like genetics, environment, and lifestyle. It has no cure because your biology will try to re-attain its highest weight. All changes must be sustainable long-term.



What questions would you like to ask your doctor about how your weight is affecting your health?



Look at the picture below. Circle the influences that have affected your weight and health:



Can you think of any other influences?

Your Healthy Weight

This is the weight that you can reach and stay at while living the healthiest lifestyle that you can truly enjoy. This may not be your “ideal” weight.

Maintain a stable weight

What has worked for you so far?

What are things you can stick with?

Realistic Weight Loss Targets

A realistic weight loss rate might be to achieve a 5% – 10% weight loss at a rate of 1 – 2 pounds per week. This can produce positive and significant health benefits.

My 5% weight loss would be _____ pounds.

My 10% weight loss would be _____ pounds.



Planning Sustainable Behaviour Changes

When planning an action to take, ask yourself:

Is this something I can do for the rest of my life?

Are these actions something I can continue doing and still enjoy my life?

3 pillars of weight management that can support nutrition and activity goals



Psychological

- Behaviour change tools
- Manage sleep, time and stress
- Therapy



Medication

- Saxenda
- Wegovy
- Contrave
- Orlistat



Surgery

- Gastric bypass
- Sleeve gastrectomy

Lifestyle Journaling

Lifestyle journaling is key to successful weight management.

The first step to calorie reduction is to become aware of when, what, and how much you are eating and drinking. Keeping a journal (or tracking) helps to build awareness of your personal eating patterns and choices.

In level one, journaling should include:

- food and drink
- physical activity (steps, minutes, etc.)
- weekly weight

Have you used a food journal or app before (e.g. MyFitnessPal)? If so, what did you find helpful?

Options for Choosing a Food Journaling Method

1. Pen and paper

e.g. AHS journal form, note pad, etc. Incre

If you want to track calories you can download a PDF booklet titled, [Nutrient Value of Some Common Foods](#) from Health Canada's website – www.canada.ca. (Put the title of the booklet in the search bar.)

2. Electronic

MyFitnessPal is a free and easy to use app and website. It has a barcode scanner that makes tracking food quite easy. This is just one option for electronic tracking; you can use any app that you like.

Tips & Tricks – Breakout Room Activity

How to Complete a Journal

Write down everything you eat and drink. You may want to keep track of one weekday (or workday) and one weekend day (Saturday or Sunday, or your day off).

Be sure to include the following:

- how much food you ate
- anything you add to your food, during and after cooking. (e.g. cream, sugar, oil, butter, jam, syrup, ketchup or other sauces, dressings, or condiments)

Measure the food you eat for a day or two to help you understand how much you eat and drink. Use measuring cups and spoons.

Please bring your journal to class with you next week.

Decrease sitting and increase Your Daily Steps

It is recommended that adults aim to reduce their total amount of sitting time. Diabetes Canada recommends moving every 20-30 minutes.

What ideas do you have to increase the number of steps you take during the day (either at home, in transit, or at work)?

If you want more benefits from movement then you need to do more of it. To do this you should first keep track of how many steps you are currently doing per day, on average, **right now**. You can then try to increase the number of steps you take by 5% – 10%.

If that goes well, after a week's time you may want to try to increase the number of steps you take by another 5% – 10%. If it is not possible to increase your steps due to a mobility problem, think of other ways you can get some movement.

Steps per day	Lifestyle Activity Level
Less than 5000	Sedentary
5000 – 7500	Low active
7500 – 9999	Somewhat active

The best way to track your steps is with a pedometer.

Skill Building Practice

1. Start journaling your food and drinks
2. Track your steps and choose one or two ways to increase your steps
3. Weigh yourself at least once



SMART Goal for Journaling

Specific action: What are you going to do? _____

Measurable: How much and how often? _____

How will you keep track of that? _____

Attainable: Is this something you can do with everything else that is going on in your life? On a scale of 0 – 10, how sure are you that you will do this? _____

If you are below a 7, how will you make the goal smaller and more attainable?

Rewarding: What is rewarding about this goal to you? _____

How will you reward yourself when you achieve this goal? _____

Timely: When will you start this goal? _____

When will you re-evaluate this goal? _____

SMART Goal for Increasing Daily Steps

Specific action: What are you going to do? _____

Measurable: How much and how often? _____

How will you keep track of that? _____

Attainable: Is this something you can do with everything else that is going on in your life? On a scale of 0 – 10, how sure are you that you will do this? _____

If you are below a 7, how will you make the goal smaller and more attainable?

Rewarding: What is rewarding about this goal to you? _____

How will you reward yourself when you achieve this goal? _____

Timely: When will you start this goal? _____

When will you re-evaluate this goal? _____

Finish Your Plan

What might get in the way of achieving your goals?

Create a plan for dealing with things that might get in your way. What will you do?

Your Weekly Weight

Date: _____

Weight: _____

Resources:

Obesity Canada: obesitycanada.ca

Dr. David Macklin video: The GateKeeper, The GoGetter and The Sleepy Executive

<https://youtu.be/VEJ6c5emPE8>