


AllinaHealth  Weight Management

**Ongoing Weight Management**

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**Introduction**

- Congratulations! You've worked hard to get here! Not only is it challenging to lose weight, but also maintaining your weight loss when it seems the world is not set up for your success.
- So what is the magic for successful weight management?
  - Adjusting your attitudes and values to sustain a positive focus and staying consistent with the behaviors you've mastered in the Active Weight Loss Phase of the Program.
  - It also takes problem solving and trying new strategies when the 'tried and true' ones don't work

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**Attitudes and Values**


- It takes courage and commitment to do things differently than you have previously done things.
- You may need to accept temporary discomfort in certain situations.
- It means focusing on, and addressing the consequences of your choices.
- It involves accepting your limitations
- Having the ability to ask for help when you need help.

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**Mental Strength**


- Having awareness of the reasons you eat other than hunger.
- Practicing new coping mechanisms to deal with emotional eating.
- Building a support system of friends, family, and healthcare professionals who will be there when times get tough.




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**Nutrition and Exercise**


- Continuing to learn about nutrition and choosing healthier eating patterns.
- Meal planning and eating meals and snacks at regular times.
- Tracking your food and activity records.
- Daily physical activity
  - Ideally a total of 60 minutes a day.




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**Can people really keep weight off?**

- Absolutely!
- The National Weight control Registry (NWCR) is following over 10,000 people who have lost at least 30 pounds and have maintained the loss for at least a year.
  - In fact, the average weight loss of this group is 60 pounds kept off for over five years!




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### What have we learned from the NWCR?

The key strategies for weight maintenance:


1. High levels of physical activity- average of about one hour per day. The most common exercise is walking.
2. Eating a healthy breakfast daily.
3. Eating a low-calorie and low-fat diet. *\*This is outdated; our program focuses on protein & produce with lower carbohydrate intake*



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### What have we learned from the NWCR (continued):


4. Regular weighing- at least once a week.
5. Managing 'slips' early before they turn into large weight regains. A lapse doesn't mean collapse.
6. Maintaining consistent eating patterns- eating about the same on weekdays, weekends, and even on holidays.
7. Have a plan A and a plan B.



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### Secure Your Success During Weight Maintenance

- With Meal Replacements
  - If you have enjoyed the convenience, ease-of use, and taste of the OPTIFAST products during the weight loss phase, you can continue to enjoy them in maintenance.
  - In fact, research has shown that daily use of meal replacements can be a helpful long term weight management strategy
    - Especially for those who struggle with food selection and appropriate portions.



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### Secure Your Success During Weight Maintenance

- Ongoing Support
  - We encourage you to continue coming to the clinic regularly. We're here to help you manage your weight for the long term.
  - Continue utilizing the strategies we've mentioned in the module as well as others you've learned in the Program.
  - These strategies will help you build a successful weight management program!



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