

# How Do Successful Weight Losers Think?

OLD Thinking	NEW Thinking
Trying to fool themselves  <i>Keeping track of my food intake won't help me lose weight – my eating habits are healthy enough.</i>	Being honest with themselves  <i>Keeping track of my intake allows me to know exactly how much I am eating and helps me prevent overeating.</i>
Looking for a "magic" cure  <i>I am going to keep trying diet pills until I find one that works for me.</i>	Recognizing that behavior change takes hard work and persistence  <i>By slowly lowering my caloric intake and making physical activity part of my daily routine, I can lose weight at a safe rate of one to two pounds per week.</i>
Looking for a "cookbook" approach that applies to everyone  <i>I think I just need to eat more protein – people seem to lose a lot of weight on those high-protein diets.</i>	Fitting the tried-and-true ways of losing weight into their own lifestyle  <i>My physical activity routine is simple. I walk. I park at the back of the parking lot at the office, and walk during breaks and lunch.</i>
Looking for someone else to fix their weight problem or take the blame for it  <i>I'd like to eat healthier, but my kids wouldn't eat healthy foods.</i>	Taking "lonely responsibility" for doing what needs to be done  <i>My family's health is important, so I made the decision to make healthier choices for the entire family. Even if they don't always like it – they'll thank me later!</i>
Thinking of weight loss as an end in itself  <i>If I could just lose 25 pounds, I'd be happy.</i>	Thinking of weight loss as part of an overall process of learning about themselves and their priorities  <i>I realized that I needed to make an immediate and permanent change in my eating habits, because I want to be around to know my grandchildren.</i>

## Post-Core: Looking Back and Looking Forward

### OLD Thinking

### NEW Thinking

Being afraid to fail or punishing themselves when they do fail

*I've lost weight in the past and always gained it back. Why bother trying again?*

Wanting to do it perfectly right away

*I want to lose those 20 pounds now, not wait weeks or months to see the results.*

Seeking approval or forgiveness from others

*Last time I lost some weight no one noticed, so I lost my motivation and gained the weight back.*

Relying on willpower, control, or discipline

*I just don't go anywhere or do anything where there might be high-fat food offered – it's too much of a risk.*

Blaming themselves or seeing the needs of others as more important than their own

*I'm just not strong enough to change my eating habits.*

Being willing to make mistakes, learn from them, and try again

*Over the years, the weight I lost came back little by little. I took a fresh look at my eating and physical activity and was able to lose the extra weight.*

Being willing to settle for “small wins” and building on the positive, one step at a time

*Some day I'd like to be able to walk a full mile, but for now I praise myself for walking to the end of the block and back.*

“Owning” their successes and mistakes

*I gained weight because I wasn't taking care of myself, and now I am doing something about it.*

Making choices one at a time, being flexible, and trusting themselves

*I still enjoy going to parties and out with friends; I just watch my portion size, try to make healthy choices, and enjoy a treat once in a while.*

Maintaining a healthy self-interest

*I feel better than ever, have more energy, and am enjoying life. I'm worth it.*

# What does the Research Say?

The **National Weight Control Registry** is a research study of over 3,000 adults who have lost at least 30 pounds (the average weight loss is 70 pounds per person) and maintained that weight loss for at least one year.

**Here are some facts about these “weight losers”:**

- Weight losses have been maintained for five years, on average.
- Over 90% had tried many times to lose weight before achieving success.
- When asked about how their lives had changed, 95% reported an improvement in the overall quality of their lives, about 92% said their energy level and ability to move around improved, and 91% reported decreases in depressive symptoms.

**The majority of the “weight losers” said they changed both their eating habits and their physical activity to lose weight.**

- The three most common dietary changes included limiting sugary and fatty foods, eating smaller portion sizes, and keeping track of calories.
- They averaged about 60 minutes of moderate physical activity each day, usually walking.

**The majority of the “weight losers” reported other regular behaviors:**

- Weighing themselves more than once a week
- Having a plan for getting back on track when regain occurs
- Regular eating patterns and rarely skipping breakfast
- Eating out no more than three times a week, and fast food no more than once a week
- Watching less than 10 hours of TV per week
- Consistent patterns of eating with little splurging on weekends or holidays

National Weight Control Registry: [www.nwcr.ws/](http://www.nwcr.ws/)

### What's Next?



<b>How much weight have you lost?</b>	<p>Have you reached your weight loss goals that you set at the beginning of the program?</p> <p><i>You can greatly lower your risk of developing type 2 diabetes by losing 7% of your body weight and maintaining that loss for a lifetime.</i></p>
<b>How close are you to your ideal or goal weight?</b>	<p>Find your current weight on the Body Mass Index (BMI) chart at the end of your session materials. BMI is a ratio between weight and height that suggests the amount of body fat.</p> <p>A BMI of 19 – 24 is generally accepted as the healthiest range. Recent data suggest that a BMI of 25 – 26 carries some health risks; as BMI increases to 27 and above, the risks to health tend to be greater.</p>
<b>What is a realistic weight for you?</b>	<p>You may decide to aim for a weight at a lower BMI, but is this weight practical? Have you ever weighed this amount since you have been an adult?</p>
<b>Are you willing to make the lifestyle changes required to reach this target weight?</b>	<p>In order to reach the new weight, you may need to further adjust your calorie and fat gram intake, and increase physical activity. Remember that the real health benefits come from <i>maintaining</i> weight loss, not just reaching a certain weight.</p>

# To Lose or Maintain – That is the Question

### If you want to continue to lose...

If your weight has stayed the same for a period of several weeks or even months (changing no more than 2 to 4 pounds) and you want to continue your weight loss, it is time to ask yourself several important questions:

1. Am I keeping track of my food intake accurately?
  - Remember to subtract 500-1,000 calories per day for a 1 to 2 pound weight loss per week (but remember never go below 1,200 calories per day).
2. Based on my current weight, am I limiting my calories enough to produce weight loss?
3. Am I keeping my fat intake to 25% of my total calories?
4. Am I being physically active at least 150 minutes per week?

If the answer to any of these questions is “no,” then it is time to adjust your approach. If you would like to “jump-start” your weight loss, then you must recommit to each of these four critical behaviors.

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### If you want to maintain...

Maintaining your weight is an important goal in itself.

- Weigh yourself at least one time a week.** This way you know exactly where your weight is, and you will be aware if the pounds start creeping back.
- Set a new calorie goal.**
  - Experiment with adding 200 calories a day (one extra serving or snack per day), and watch what happens on the scale. Use your self-monitoring of calories and weight to figure out what level of calories allows you to maintain your weight.

# Physical Activity – The Next Step

Consider the following points as you look at your physical activity program:

Where are you now?

Look back over your progress during the entire program, using your “How Am I Doing? Physical Activity” chart. How many minutes did you achieve at the beginning? How many minutes are you regularly achieving now?

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Can you increase the level of your physical activity?

You can increase the level by adding more minutes of physical activity, or you may want to increase the intensity of your activity. For example, you could change from walking to speed walking (or even jogging) to burn extra calories.

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Can you become more consistent?

We all feel great when we have a week filled with physical activity. Yet even more important than having a good week is maintaining an active routine on a long-term basis. Are there weeks when you aren't physically active at all, or only on a few days? Are you more consistent now than you were at the beginning of the program? Try to make physical activity something you do on most days of the week.

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Plan to spend the time that you have set aside for National Diabetes Prevention Program sessions by focusing on your healthy behaviors.

For a whole year you have made a vow to attend sessions on either a weekly or monthly basis. This has been a regular date with yourself! Keep your pledge and plan to use this time to boost your healthy eating, self-monitoring, and physical activity level each week.

# Long-Term Goals

### Long-Term Goals

Long-Term Weight Goal:

Long-term fat gram goal:

Long-term calorie goal:

Long-Term Physical Activity Goals:

Activities to do:

Minutes/week:

Long-Term Self-Monitoring:

I will weigh myself \_\_\_\_\_ times(s) per \_\_\_\_\_

I will track fat grams (and calories) using:

I will record physical activity using:

Getting Support from Other People:

List up to three specific people (family, friends, co-workers) you might ask to support your lifestyle change. Try to be specific – what might you ask each person to do (e.g., walk with you at lunch, support you in making some specific change in how you eat)?

Who?                          What:

Who?                          What:

Who?                          What:



## **What's Your Story?**

What words of wisdom can you share with others who learn they are at risk for type 2 diabetes?

What did you find most helpful during those moments in the program when you felt discouraged?

Write a message to yourself for the future. What do you want to tell yourself about this experience and the importance of continuing the lifestyle changes you have made?

# Body Mass Index (BMI)

To locate your BMI, first find your height along the left column. Then find your weight within your height row. The BMI number at the top of the column where your weight and height meet is your BMI. The title of the column tells you your BMI category (normal, overweight, obese, extreme obesity).

- **Healthy:** 19 – 24
- **Overweight:** 25 – 29
- **Obese:** 30 - 39
- **Extreme obesity:** 40 – 54

## Body Mass Index Table

Height (Inches)	Normal						Overweight						Obese						Extreme Obesity																	
	BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443

Source: Adapted from *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report*, National Institutes of Health, 1998.

Note: BMI may not be accurate for all people, such as people younger than 20 years old, athletes (who have lots of muscle mass), and older adults (who have lost muscle mass). The BMI chart is also different for Asian Americans.