
Lifestyle Balance: Your Keys to Success

The information for this Lifestyle Balance session was developed by Shandiin Begay, dietitian and coach at the Phoenix DPPOS center, in collaboration with the University of Pittsburgh Lifestyle Resource Core which includes Linda Semler, M.S., R.D. and Valarie Stapinski. The lifestyle key rings were produced by Matthews Media and the Navajo Nation Diabetes Program.

Class Overview

In this session, participants will be given many practical tools (new and old) for self-management of weight and eating. They will be reminded of the Lifestyle Balance weight and activity goals, and encouraged to do weight graphs and self-monitoring of eating and physical activity. The class will be structured as a “quiz show” on the important messages from each lesson of the 16-session core curriculum. At the end of the class everyone will be given their “keys” (an actual key ring containing each of the sixteen sessions on plastic cards). The participants will be encouraged to use the keys as both a reference tool and as a positive cue for the healthy eating and physical activity strategies they have learned in Lifestyle Balance.

Objectives: At the start of the New Year, participants should have an opportunity to recommit to the goals of Lifestyle Balance and to establish their own personal goals for the upcoming year. They should also be given useful tools for weight management. In this session, participants will review the core curriculum, which is the fundamental knowledge base for all nutrition, physical activity, and behavior modification in Lifestyle Balance. They will be instructed to use these tools at the beginning of each New Year or when they want to pursue a period of weight loss more aggressively. The goal is for participants to leave this session energized and enthused about working toward their lifestyle goals in the New Year.

Handouts: A 11 x 17 inch, “How Am I Doing in 200_?” weight graph; “Goal Weights for the Group Lifestyle Program” handouts from Lesson #1; four Keeping Tracks; Fat Counters for participants who need them; “Goals, Goals, Goals for 200_” handout, and the “Keys to Success” key rings.

Other materials needed: nametags, rulers, pens, regular and colored pencils or markers, index cards for participants to write down HELP topics they wish to see covered in future sessions, refreshments (optional), chalk board, dry erase board, or flip chart; list of core-curriculum questions/answers, quiztron (if available) and small prizes for the quiz show activity.

Session Outline

Part One: Introduction and Goal Setting

- Make introductions and weigh participants.

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- Begin by explaining that the purpose of this Lifestyle Balance session is to provide an opportunity to recommit to the goals of Lifestyle Balance, to establish personal goals for the New Year, and to generate motivation and enthusiasm to work toward these goals.
 - Distribute “Goals, Goals, Goals for 200_” handout. Reinforce the Lifestyle Balance goals of a minimum of 7% weight loss and 150 minutes of weekly physical activity.
 - Proceed through the main points of the handout. Have participants establish their own personal goals in each area of activity, weight, calories/fat grams. Have copies available of “Goal Weights for the Group Lifestyle Program” for participants who do not remember their 7% weight loss goal.
 - Distribute the, “How Am I Doing in 200_?” weight graph. Ask participants to add dates next to the week numbers along the bottom of the graph. Have participants plot his/her current weight. Next, plot his/her Lifestyle Balance goal weight and draw a line across the page as constant reminder of the Lifestyle Balance goal. Participants may also plot their own personal goal weight if it is lower than the Lifestyle Balance goal. Encourage participants to set a weight loss goal that they wish to achieve in the next 12 weeks and to plot this on the graph. Suggest that their minimum weight loss goal be 5-10 lbs. Remind participants that, on average, no more than 1-2 pounds of weight loss per week is healthy and reasonable (so weight loss goals beyond approximately 20 lbs are probably not reasonable during this time frame). Since participants will be self monitoring their weight at home, suggest that they graph their current start weight some time this week and continue to weigh themselves at least once per week at the same time for the next twelve weeks. Hint: you can divide the weight graph into frequency of contact that you expect to see the participant in the next year. For instance, if you are holding quarterly weight maintenance sessions, you could divide the weight graph into four quarters by having the participants put in a vertical line at week 13, 26, and 39.
 - Distribute four Keeping Tracks to each participant and strongly encourage them to use these every day for the next four weeks. Take a few minutes to page through the booklet and discuss how to record eating and physical activity. Remind participants that there is a shaded column that they can use to target and record “whatever they want” (glasses of water per day, numbers of fruits and vegetables, etc.). Have Fat Counters on hand for participants who need one.
 - Ask the participants to write down the reason(s) they joined Lifestyle Balance. Allow participants to share their responses. Inquire whether their reasons for being in the program have changed over the years of the study? Remind participants to keep their “eye on the prize” of preventing diabetes and diabetes complications.

Part Two: Core-Curriculum Quiz Show

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- The purpose of this game is to review the major messages of the 16-week, Lifestyle Balance core curriculum using a method that is fun and entertaining as well as informative.
 - The following preparations should be made ahead of time:
 - Using the Powerpoint Quiz: Divide the participants into teams or conduct the quiz individually. You may choose to add extra questions pertaining to your Lifestyle Balance Program(e.g., When was your first Lifestyle Balance group held? Which staff member has been with Lifestyle Balance longest?, etc.)
 - Purchase inexpensive prizes from a Dollar Store or other store that sells inexpensive items. Ideas for prizes include: bag clips, packages of sugar-free gum or breath mints, Tic-Tacs, small purse size packages of Kleenex, post-it note pads, notepads, magnetic grocery list for the refrigerator, magnetic acrylic picture frame for the refrigerator or filing cabinet, refrigerator magnets, and a set of 4 Keeping Track books and a fancy pen/pencil tied together with a bow. Gifts may be placed in a decorative bag or basket for distribution.
 - Determine optimal room set up. A U-shape table set up may be ideal for the quiz show format and distribution of prizes.
 - Introduce the game and explain the purpose (see above). The leader should draw the first question and read it to the group. Whoever answers first should be given a prize. Options include gently tossing the gift to the participant, sliding it across the table, having the participant draw from the prize bag/basket, or asking an assistant to distribute the prizes. The leader should keep the game lively, fast-paced, and energetic.
 - The participant who correctly answers the question should draw and read aloud the next question. The group leader and “master of ceremonies” must use their discretion during the game to insure full group participation and a reasonable distribution of prizes. For example, if two people shout out the answer, both may be given a prize. If one person is monopolizing the questions and collecting too many prizes, you may acknowledge their enthusiasm but choose to call on someone else. The goal is for each person to win at least 1 prize. For questions that have several parts to the answer, write the answers on the board as they are given until the question has been answered completely (e.g., this technique could be used for the question “What are the 5 steps in the 5 Steps to Solving a Problem?”). If at the end of the game, a group participant has not yet won a prize you may opt to address an easily answered question directly to them, e.g., “Name one low-fat, low-calorie item you can pack in your lunch for next week”.
 - At the end of the game congratulate the group for completely and successfully reviewing the entire 16-week Core Curriculum! Announce that they have now earned their “Keys to Success” and distribute. Once again, emphasize that these keys can be used as a reference tool and also as a positive cue for healthy lifestyle change in 200_.

Part 3: Wrap Up

- Thank the participants for attending and wish them well in their pursuit of healthy lifestyle change.
- Announce that the next Lifestyle Balance session will be held according to your Lifestyle Balance schedule. Announce the session topic, date, location, etc. if you have that planned. Indicate that several participants have asked for more information on these topics. You might ask the group for future session ideas. Hope to see you then!