

Name _____

Date _____

Current weight _____
 Initial weight _____
 Last visit _____
 Change since first visit _____
 Change since last visit _____

Medication _____
 BP _____
 LMP _____
 *UPT _____

BMI _____
 Body fat % _____
 Water % _____
 Resting energy _____

Please answer the questions below

What **challenges** or **difficulties** are you having with your weight loss? _____

If you are taking a **medication***, are you finding it helpful? ☐ yes ☐ no

Any side effects? ☐ none ☐ dry mouth ☐ jitteriness ☐ headache ☐ insomnia ☐ nausea ☐ other _____

Are you able to take the medication as directed? ☐ yes ☐ no

If **no**, what difficulties are you experiencing? _____

Exercise: What type and how often? _____

How well do you **sleep** at night?

☐ through the night ☐ fall asleep easily but can't stay asleep ☐ difficulty falling asleep ☐ frequent or early morning waking

Are you having any **symptoms** or **physical problems** since starting this program? ☐ none

☐ hunger ☐ fatigue ☐ fainting ☐ indigestion ☐ headache ☐ tremors ☐ trouble sleeping
☐ cravings ☐ chest pain ☐ short of breath ☐ joint pain ☐ weakness ☐ depression ☐ hair loss
☐ irritability ☐ rapid heart beat ☐ diarrhea ☐ muscle cramps ☐ numbness ☐ anxiety ☐ cold intolerance
☐ lack of control ☐ fluid retention ☐ constipation ☐ rashes ☐ dizziness ☐ moodiness ☐ irregular periods

Food Diary: Consider WHEN you eat as well as WHAT you eat

- Instead of labeling your meal as "breakfast" please identify your eating events with the time of day
- Focus on 3 meals a day, minimize snacks, eat your larger meal mid-day and your final meal earlier in the evening

time of day **give me an idea of what you eating in a typical day, including beverages!**

Weight Maintenance Session #12: Visualizing Ways to Change Your Bad Habits

- 1) Do you sometimes fail to make good food choices at a party, work meeting, sporting event or family gathering?
☐ yes ☐ no
- 2) Could you think of options or plan going into a party meal situation?
☐ yes ☐ no
- 3) Could you think of options or plan going into a work meeting meal situation?
☐ yes ☐ no
- 4) Could you think of options or plan going into a sporting event meal situation?
☐ yes ☐ no
- 5) Could you think of options or plan going into a family gathering meal situation?
☐ yes ☐ no

1) Do you sometimes fail to make good food choices at a party, work meeting, sporting event or family gathering?

We tend to make less desirable food choices when we are NOT preparing food ourselves. Common examples include going to parties, work meetings, sporting events or family gatherings, etc...once you realize that this is an issue you could plan better going into that meal. If you are taking an appetite suppressant, remember to take it the day of the party, work meeting, sporting event or family gathering. Be aware there are likely to be unhealthy choices. The plan will be to make better choices. Questions 2-5 will focus on better ways to handle each of these common overeating circumstances should try to avoid associating feelings such as depression or guilt to an overeating episode. Don't eat something because you do not want to hurt your host's feelings or you are concerned what others might think. Keep in mind they are probably more concerned with themselves than what you are eating!!

2) Could you think of options or plan going into a party meal situation?

1. **Cocktail hour** - Attempt to fill up on vegetables or crudité if available. Stay away from the fried higher calorie options. Socialize instead of eating. Make lower calorie alcohol choices if you will be drinking.
 - a. Wine: 6 oz glass is 145 calories.
 - b. Beer: Average 12 once regular beer is 140 calories. Light beer is 100 calories.
 - c. Spirits: Average 80 proof shot is 100 calories. Club soda has 0 calories. Avoid drinks with juices or soda
2. **Main Meal** - If meat choices are given try to stick with baked or grilled fish or chicken. If all choices offered are poor ones make a conscious effort not to clean your plate. Start your meal with protein and eat lots of vegetables. Eat slowly, dance and socialize as much as possible.
3. **Dessert** - Spend more time socializing and dancing rather than eating. Try to not eat much for dessert. Just have a few small bites. If fruit is available, then that would usually be the best choice.

3) Could you think of options or plan going into a work meeting meal situation?

Work Meetings. If possible, try to select restaurants or food choices for the meeting that serve healthier, low calorie options. Fish restaurants, organic restaurants, farm to table restaurants, vegetarian restaurants and/or Japanese restaurants usually will have healthier options on the menu. Attempt to eat more vegetables (fiber) and healthy proteins. Choose grilled fish or chicken on a salad rather than a pasta dish. Many restaurants have their menu available on-line. Order first so other's do not affect your choice! Skip the bread basket, ask for additional vegetables rather than a starchy side dish and ask the waiter to wrap up half the dish before serving you.

4) Could you think of options or plan going into a sporting event meal situation?

Sporting Event. Unfortunately it is difficult if not impossible to make good food choices at most sporting events. Like the work meeting you need to make a plan beforehand. Either: 1. Eat before the sporting event so that you are not hungry and able to resist eating food at the event. 2. If permitted, bring your own better food choices to the game.

5) Could you think of options or plan going into a family gathering meal situation?

Family Gatherings. It is often difficult to not overeat at family gatherings especially if the host of the gathering lets you know that they made your favorite poorer choice foods. Making some of the following plans beforehand could help to minimize weight gain as a result of the family event. Advise your family that you are making healthy food choices and that you would appreciate their support. Bring healthier food choices to the gathering, such as cut up vegetables and hummus, cheese or nuts for appetizers or a fruit bowl for dessert. Be as active as possible at the gathering. If activities such as playing ball, swimming, dancing etc...are a part of the gathering, you should make an attempt to participate in these.

Why am I NOT losing weight?

Losing weight, not to mention keeping it off, is HARD. You have reached a plateau or some of the weight is sneaking back on. You have changed your habits but you are simply stuck. Don't give up hope. What might be missing?

Are you getting enough **SLEEP**?

Sufficient high quality sleep is necessary for weight loss. Not only clocking in 7 to 8 hours a night, but also going to sleep at about the same time and rising at the same time each day. This will keep your circadian rhythms in sync. When you do not sleep well, you tend to be hungrier, eat more often and at night, as well as make poorer food choices. Late night snacks that are high in sugar disturb the hormone balance by raising insulin. We tend to be more insulin resistant in the evening and overnight.

Make sleep a priority as well as good nutrition and exercise. Don't sacrifice sleep for work, play or exercise. Set a time for going to bed (aim for 10 or 11pm) and stick to it.

Are you **STRESSED**?

Chronic stress is another factor that can interfere with weight loss. When we are stressed our body releases the hormone cortisol. Cortisol is an important hormone for survival, the "fight or flight" hormone, but it is now chronically elevated due to every day stressors. Since stress elevates cortisol and blood glucose levels this increases insulin which promotes fat storage.

Try to evaluate your daily stressors. You may be able to modify some but many may be out of your control. Set aside time for yourself—a couple hours a week. Add a meditative practice to your regimen even if it is only a few minutes each day.

Are you **INTOLERANT TO CARBOHYDRATES**?

Although low-carb regimens are all the rage these days, some people have better results than others. There are 2 primary reasons. First, successful weight loss depends on stable blood sugar levels. And research shows that individuals can have very different blood sugar responses to the SAME food. Some people have to limit all carbohydrates just to keep blood sugar levels stable while others can tolerate healthy carbs from unprocessed whole-food sources. The second reason is satiety or feeling full. The key is figuring out which healthy whole-food meals satisfy you while keeping your blood sugar stable.

You can tell a lot about how you feel. If you feel tired right after eating something that's a good indication of a blood sugar spike and crash.

Are you eating enough **HEALTHY FATS**?

Fats have been blamed for the longest time for being the culprit in weight gain. The same word fat in our food is used for the fat on our body. But now we know that eating good-quality healthy fats can actually lead to weight loss. Fats taste good, they are satisfying, and they do not raise your insulin. Thus eating healthy fats keeps your hormones balanced. Without enough healthy fats, the production of certain hormones goes down.

For the best overall health benefit, focus on quality fats from small, oily fish such as salmon, olive oil, avocados, nuts and seeds. Since fat keeps you full, add more healthy fats if you feel hungry soon after eating and decrease fat if you feel too full during meals and you are leaving phytonutrient-dense food on your plate. You may want to keep an eye on your lipid panel to make sure our levels are not being negatively affected as sometimes genetics can hinder our progress.

Is your **THYROID** functioning normally?

Our thyroid gland regulates our metabolism. Although our thyroid is not always the culprit, it will be difficult to lose weight if it is not functioning normally. Thyroid disease is also more common in women. Often symptoms may go undiagnosed.

Your doctor can check a full thyroid panel including TSH, T4 and T3 as well as thyroid antibodies which may be present with autoimmune thyroid disease.

Are you including **STRENGTH TRAINING** in your workout regimen?

Cardiovascular exercise has been the mainstay of exercise recommendations for years. While cardio is critical for your overall health, it may not have as much benefit on your body composition. Most forms of strength training build fast-twitch muscle fibers which are highly dependent on glucose (sugar) as a fuel source. The more glucose you burn the more your blood-glucose levels will remain in check. Plus increased muscle mass from weight training burns more fuel, even when you are at rest.

Incorporate strength training into your exercise routine at least twice a week. You can do simple exercise that use your body's weight as resistance such as squats, lunges, planks and more or purchase some light hand weights or resistance bands. Try to get steps throughout the day. Set a goal of 8,000 to 10,000 steps throughout the day by taking the steps, parking your car further, walking the dog or to the mailbox

Is your **EATING WINDOW** too long?

The age old advice has been to eat six small meals throughout the day. We needed to eat within an hour of waking and a snack before bedtime. This was to keep us from being hungry and to “keep our metabolism going”. However, this way of eating keeps your insulin elevated all day long. Whereas limiting the number of hours during which you eat your meals during the day will keep your insulin levels lower. Intermittent fasting cycles between fasting and eating. Caloric restriction has been associated with many health benefits such as decreasing high blood pressure as well as diabetes as well as longevity and weight loss. But it may not be for everyone as women with hormone imbalance or thyroid disease may not fare as well.

Fasting sounds uncomfortable and difficult. Consider time restricted feeding. You can safely start with a 12 hour fast i.e. finish your last meal at 8pm and have your next meal at 8am. You will be spending most of that fast asleep! Once you master that you can consider squeezing the hours that you eat to a 10 or even 8 hour window.

Are you exposed to **ENVIRONMENTAL TOXINS**?

Endocrine-disrupting chemicals (plastics like bisphenol A or BPA, dioxins, phthalates and pesticides like DDT) disrupt the endocrine system. They are found in plastic water bottles, lawn chemicals, receipts, metal food cans, new furniture, cosmetics and body care products. These chemicals are so strongly associated with being overweight or obese they are referred to as “obesogens”.

To support your weight loss goals and overall health, try to avoid or minimize exposure to environmental chemicals. Choose organic food when possible, forgo lawn chemicals and toxic pesticides in your yard and home, use plant-based body-care products, and employ nontoxic household cleaning products.

Are your **GENETICS** interfering with your weight loss?

Our genes shape every aspect of our physiology, including our weight. Experts estimate the heritability of weight issues at anywhere between 40 and 70 percent. If one of your parents was obese at your conception you have a 50% chance of being obese; if both parents were obese then your risk goes up to 80%. However, your DNA is not your destiny. Your genes may set the stage for specific health conditions, but your environment and lifestyle will put things into motion. Recent research suggests that genes also play a role in determining which microbes colonize your gut, so it may be possible to address inherited conditions like obesity by nurturing healthier gut microbiota.

Don't assume your genes are your fate. Experts agree that skyrocketing rates of obesity over the past 40 years are less about our genes, which to many generations to evolve (change), and more about our changing environment. This has been shaped by cultural, political, social, and economic factors that have led us to eat more, exercise less, and feel more isolated and anxious. Feed your gut by including probiotic rich food in your diet—fermented dairy and vegetables, such as full-fat Greek yogurt and sauerkraut.

Read more at <http://dunnewithdieting.com/weightmanagementvisits/12stayingmotivated.html>