

# Managing Weight: *Strategies for Change*

If it's not controlled properly, excess weight can lead to negative health consequences. The following strategies are designed to help you better manage your weight no matter what stage of readiness you're in. Find some time to incorporate these strategies for healthy behavior change into your life. You'll be better off for it.

## Strategies for Change: Stage 1

### *Not Interested in Changing Now*

- Read, *Calories Count: Controlling Your Weight*.
- Describe two situations where your weight has limited activities you wanted to do.
- List five of the health consequences of carrying excess weight.
- Identify five ways in which you can benefit from controlling your weight.
- Write about two situations where you defended/justified being overweight.
- Watch the Discovery Channel documentary, *Obesity: The Deadly Epidemic*.

## Strategies for Change: Stage 2

### *I'm Giving Change Serious Consideration*

- Read, *Nutrition: Diets Don't Work*.
- Describe how your current weight affects you emotionally.
- Identify the barriers preventing you from controlling weight.
- Keep a fitness journal documenting your eating and physical activity habits.
- Talk with someone who has successfully lost weight. Find out the benefits they're experiencing both physically and emotionally.
- Take a self-assessment to determine your current weight status (i.e., BMI, body fat analysis, etc.).

## Strategies for Change: Stage 3

### *Getting Ready to Change Soon*

- Read, *Grocery Store Grab Bag: Navigating the Aisles*.
- Develop a plan to incorporate more physical activity into your daily routine.
- Inform family and friends about your decision to lose weight.
- Identify a friend or family member who'll be willing to lose weight with you.
- Find healthy activities you can substitute for times when you want to eat, other than meal times.
- Reduce the amount of times you eat out during the course of the week.
- Eliminate snacks between meals—if you do need to eat something, try having fruit or vegetables instead of high calorie snack foods.

## Strategies for Change: Stage 4

### *Let's Go...I'm Taking Action*

- Continuously assess your weight status, (i.e., BMI, body fat analysis, etc.).
- Enroll in a weight management class that addresses both diet and physical activity.
- Keep friends and family members updated on your weight loss progress.
- Pay attention to the food labels of items you purchase and consume, use these labels to help you keep track of your calories.
- Reduce the amount of sugar you consume during an average day by half.
- Increase the amount of water you drink on a daily basis—especially if you're hungry between meal time.
- Take on a new activity like golfing, joining a walking club, or bicycling.

## Strategies for Change: Stage 5

### *Old News...Been There, Done That*

- Celebrate accomplishing your weight loss goals.
- Meet with a/your dietician and personal trainer to talk about new plans for maintaining your diet and physical activity.
- Offer yourself as a testimonial to others interested in losing weight.
- Look for and participate in other healthy activities/hobbies that you wouldn't/couldn't have taken part in because of your previous weight status.
- Regularly read the health section of your daily newspaper or other health publications of interest to you.
- List all the positive benefits you've experienced since losing weight.