



ChooseToLose@Work

Week 10: Keep Going – Weight maintenance

Aim:

The aim of week 10 is to remind the group that this is the start of a journey and should not be seen as the end. The 10 goals made throughout the programme should be sustained into life.

Essential topics to cover:

- Welcome participant back and congratulate them on getting to the final week.
- Ask participant how they felt the previous week went. Did they stick to their goal? If yes, congratulate them. If no, ask them to reflect if the goal was achievable or not and encourage them to consider tweaking it.
- Week 10 is about reviewing the last 9 goals, do any of them need to be changed to ensure they are sustainable in the long term?
- Encourage participants to keep a food and activity diary.
- Remind participants that forward planning is key to success and making small realistic changes is the key to losing weight in the long term.
- Remember, basic weight loss means less calories in and more calories out.
- Record participant's weight and waist measurement and reflect on any weight change.
- Gather feedback and advise participants how the weigh-ins will continue. (We would recommend they continue to be held every week or even fortnightly if time is limited)
- Ask group members to complete the ChooseToLose@Work evaluation.

Top Tips:

1. Boredom, stress or being busy are often triggers for your diet to go downhill.
Recognise comfort eating by keeping a diary and try compiling a list of things you could do instead of comfort eating:
 - a. Have a bath
 - b. Kick a football around at the park
 - c. Phone a friend
 - d. Surf the web (be inspired by good food)





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- e. Clean out a cupboard
 - f. Have a nap – comfort eating can often happen when you’re tired.

2. Wait 30 minutes before eating. Often you will realise it is an emotional trigger to eat rather than actual hunger.

3. Continue to:

 - a. Self monitor, keep a diary, set and review your goals.
 - b. Keep a check on your portion sizes.
 - c. Stick to a regular meal plan and always include breakfast.
 - d. Reduce the amount of time you spend sitting around.

4. Weight management is a lifelong commitment – the longer you stick to your new lifestyle the more normal it will feel.

5. Still Struggling: What next?

 - a. Contact your GP or Practice Nurse for suggestions or for other weight management resources OR ask about Keep Well health assessments in your local area.

Leaflets and posters to display or handout

Some of the resources below are free to download via the links others can be ordered through NHS Forth Valley's [Health Improvement Resource Service \(HIRS\)](#)

<http://nhsforthvalley.com/health-services/health-promotion/resources-and-design/hirs-library/>

Title	Available from where?
Choose To Lose Self Monitoring Worksheets	<p>Download Self Monitoring Tools/Worksheets online www.nhsforthvalley.com/weight</p> <p>These can be photocopied and used weekly to record your activity levels and set some personal activity goals.</p> <ul style="list-style-type: none"> • My Smart Goal Sheet • Food and Activity Diary • Keep motivated checklist • Weight Tracker <p>Choose To Lose Self Monitoring Workbooks can be ordered from HIRS NUT 01/L</p>
NHS Choices Weight Loss Guide	<p>Visit www.nhs.uk/Livewell/weight-loss-guide/Pages/weight-loss-guide.aspx</p> <p>Download Week 11 and 12</p>

People who manage to keep weight off for longer than a year continue to self monitor their weight and lifestyle changes by:

- weighing themselves regularly
- keeping food and activity diaries
- reducing sedentary behaviour
- increasing physical activity
- eating regular lower calorie and lower fat meals

Encourage individuals to continue to use the Choose To Lose Self Monitoring Worksheets to record their progress.

Useful Websites

Choose to Lose – Keep Going

www.nhsforthvalley.com/weight - Then click 'Keep

Going'

NHS Choices –Lose Weight

[www.nhs.uk/Livewell/weight-loss-guide/Pages/weight-loss-](http://www.nhs.uk/Livewell/weight-loss-guide/Pages/weight-loss-guide.aspx)

British Heart Foundation

www.bhf.org.uk/health-at-work



Good Luck!