



ChooseToLose@Work

Week 9: How are you getting on? Dealing with setbacks.

Aim:

The aim of week 9 is to support people to accept that set-backs are normal and lifestyle changes and habits don't come easy.

Essential topics to cover:

- Welcome participant back and congratulate them on hitting the half way mark.
- 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.
- Remind them to set a week 9 goal – encourage them to think about setting a goal which will involve a treat.
- Encourage participants to keep a food 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 reflect on any weight change.

Top Tips:

1. Get inspired online. Searching and saving healthy recipes can inspire you to eat good, healthy and delicious food. There are also lots of good food bloggers who can help to motivate or inspire you.
2. If you have had a bad week, then don't let it get you down. Remind yourself why you started on this journey and remember that your goal is the long term. Also remember that just by making some simple swaps, controlling portions and moving a little more will always help you to reach your weight loss goals.
3. What are some realistic goals to maintain in the long-term?
 - a. Cook with wholemeal pasta rather than white pasta when cooking at home.
 - b. Always make sure 2/3rd of your plate is filled with vegetables which are low in calories or eat your food from a smaller plate.



- c. Why not aim to drink a glass of water before every meal – this has been found to make people eat less calories during a meal.
4. Lapses or setbacks are very common and are to be expected, they are part of normal human behaviour. Individuals should develop strategies which will help them cope when they do slip up.
5. Planning is the key to preventing lapses. Thinking about what happened before the lapse occurred enables people to plan strategies to handle the situation differently next time.
6. Remember, setbacks are normal and will happen from time to time. It's feedback and not failure!

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

Title	Available from where?
Choose To Lose Self Monitoring Worksheets	Download Self Monitoring Tools/Worksheets online www.nhsforthvalley.com/weight These can be photocopied blank and used weekly to record your weight progress, track your changes and keep you motivated. Worksheets include: Keep Motivated Checklist Choose To Lose Self Monitoring Workbooks can be ordered from HIRS NUT 01/L
NHS Choices Weight Loss Guide	Visit www.nhs.uk/Livewell/weight-loss-guide/Pages/weight-loss-guide.aspx Download Week 9 and 10
Food and Mood Factsheet	Visit British Dietetic Association https://www.bda.uk.com/foodfacts/home Scroll down and Choose 'Food and Mood'

Useful Websites

Choose To Lose... and keep weight off for good! www.nhsforthvalley.com/weight

- **Keep Going Webpage** – Top tips on how to stay motivated and maintain a healthy weight and lifestyle. <http://nhsforthvalley.com/health-services/health-promotion/nutrition/choose-to-lose/>

NHS Choices – Weight Loss Guide

www.nhs.uk/Livewell/weight-loss-guide/Pages/weight-loss-guide.aspx

