



Journal:

Diet and Exercise

16

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A free downloadable (PDF) version of this journal can be found at www.MyTherapySession.com

Hope and Help for Diet and Exercise

Diet and Exercise Introduction

(video: 2 minutes)

Similarities with smoking (the leading cause of death)

Consequences are not immediate

Food as an addiction

Little confidence for success

You can do something about it!

Recommended foundational material:

Self-Esteem and Goal Setting track (See separate journal)

Diet and Exercise Overview

(video: 17 minutes)

Journal

Partnership

Obesity and inactivity go together

Frame setting (perspective):

Examine _____ before a major _____.

Self-Esteem and Goal Setting track

How to change behaviors

Review:

Value

Hope

Prerequisites for change

Life

Past guilt and shame

Letting go of the victim role

Self-development

Need to change

Desire to change

Partnership

Balance/Meaning and purpose

Journaling

Evaluation

Silence and Solitude

Definitions:

Obesity-

Inactivity-

Discussion/Reflection:

Are you overweight or inactive?

Overall structure of program:

12 more sessions:

Session 2 - "I have a problem and will do something about it"

Session 11 - Set a start date

You need preparation in order to have success!

Transtheoretical model:

Precontemplation--Contemplation--Preparation--Action--Maintenance (Relapse)

(Optional) spiritually inclusive segment:

Diet and Exercise 1

(video: 9 minutes)

Obesity and inactivity is the #2 Killer in society!!

Why?

There is hope!

There is help!

Hope for change:

Discussion/Reflection:

Change is possible

Change will feel different and uncomfortable

Need for partnership and encouragement outside of this site

Discussion/Reflection:

Prerequisites for Change:

The choice to live

Shame and guilt

Victimization

Self-development

Influences:

Discussion/Reflection:

What will the world say about your change?

How will they resist it?

(Optional) Spiritually Inclusive segment:

Diet and Exercise 2

(video: 13 minutes)

Contemplation stage:

Loss(es)

The losses I might need to grieve are:

Discussion/Reflection:

What grieving needs to be done?

How is it to accept that loss of unlimited food, junk food, and leisure?

Could you benefit from viewing the “Loss” presentation?

[] I want to do the “Loss” video

Things will be gained:

Health risks:

Motivations:

Discussion/Reflection:

Make a list of all the pros and cons of losing weight

Make a list of all the pros and cons of fitness and activity

Consider your age-based motivations

What are your other motivations for making these changes?

Eating disorders:

Do not continue!

Consult a specialist

Caution of other addictions

Discussion/Reflection:

Can you say you do have a problem?

Can you say you are going to do something about it?

(Optional) Spiritually inclusive segment:

Diet and Exercise 3

(video: 12 minutes)

Congratulations on your decision to do something!

General preparation:

Coordinate with your doctor - be safe!

Weight and food log

Weighing-

Frequency

Place/time

Discussion/Reflection:

Frequency of weighing

How and where to weigh

Goals:

Preliminary, realistic goals

Longer term, definitive goals

Discussion/Reflection:

What will your goals be?

Consultants:

Nutrition

Exercise

Discussion/Reflection:

Who will your consultants be?

Caution about “latest information”

General exercise considerations:

Discussion/Reflection:

Goals:

Consultants:

Exercise locations:

Accountability partners:

(Optional) Spiritually inclusive segment:

Diet and Exercise 4

(video: 9 minutes)

Preparation for exercise:

Cooper study:

_____ correlates more strongly with health than _____.

First priority is on exercise – any activity!

Possible difficulty in getting started

Paradoxes / opposite findings:

Energy-

Time-

Appetite-

A place to exercise:

Activities / Entertainment / Distractions:

Government recommendations:

- 30 minutes of daily "moderate-intensity" exercise can reduce the risk of chronic conditions such as heart disease and diabetes.
- Adults attempting to manage weight and avoid mid-life spread should engage in 60 minutes of moderate-to-vigorous intensity exercise "most days of the week."
- To sustain weight loss, 60-90 minutes of daily moderate intensity exercise.
- www.NWCR.WS

Diet and Exercise 5

(video: 8 minutes)

Preparation for exercise:

Rewards-

Establishing new patterns-

Partnership-

Timing for exercise-

Discussion/Reflection:

(Optional) Spiritually inclusive segment:

Diet and Exercise 6

(video: 10 minutes)

Preparation for eating less:

Observations of our society-

Food as an addiction-

Observations of others-

Discussion/Reflection:

(Optional) Spiritually inclusive segment:

Diet and Exercise 7

(video: 16 minutes)

Discussion/Reflection:

What observations did you make about society in relation to food?

What observations did you make about others?

Observing ourselves:

Keep a food log-

Your own hunger experience-

Breakfast

Scheduled times for eating

Images we have:

Of portion sizes-

Of ourselves-

Avoid "SALT":

Stress

Anger

Loneliness

Tired

Other emotional health problems

Discussion/Reflection:

The “I’ll exercise it off” myth

We can easily destroy our efforts with eating

Decreased metabolism as you loose weight

Increased metabolism with activity

(Optional) Spiritually inclusive segment:

Diet and Exercise 8

(video: 9 minutes)

What to eat and drink:

www.Mypyramid.com (USDA website):

What not to eat and drink:

Discussion/Reflection:

What do you want to eat?

What do you NOT want to eat?

(Optional) Spiritually inclusive segment:

Diet and Exercise 9

(video: 13 minutes)

How to eat and drink:

When to eat and drink:

Portion size (guidelines for gastric bypass patient):

Where to eat:

With whom:

“Mindful” eating – perception of “Fullness”:

Less availability of food:

“Wasteful” eating:

“Picky” eating:

Discussion/Reflection:

(Optional) Spiritually inclusive segment:

Diet and Exercise 10

(video: 16 minutes)

How to NOT eat:

“Stimulus control” (Remove the high caloric and processed food and don’t buy it anymore.) Don’t have it around.

Use distractions especially when not hungry

Examine and remove triggers

Have a partner

Develop rewards for eating responsibly

Keep a food log

“Resets”

Develop a crisis situation plan

Relapse prevention / Plan

If I relapsed I would:

Medications

Surgery

(Optional) Spiritually inclusive segment:

Diet and Exercise 11

(video: 8 minutes)

I have a problem and I am going to do something about it!

Point of decision:

Commitment:

You have the information

Are you ready to continue and make a change?

Commitment to a permanent change

Set a date

Have a written plan

(Optional) Spiritually inclusive segment:

MY PLAN

The change(s) I will make is (are):

Why I am making these changes?

What other benefits do I hope to achieve with these changes?

Who will I turn to when I need help?

How will I know I am succeeding?

My start date:

Diet and Exercise 12

(video: 4 minutes)

Your new life:

Congratulations!