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Group Coaching: Weight Management

Session 1: Orientation



Welcome to Group Coaching for Weight Management! You've taken an important step along your path to wellness.

My name is ____, and I'm your coach. We'll take 3 minutes to gather and will begin shortly.

Please press *6 to mute your phone.

While you are waiting, consider this:

How will the quality of your life improve if you achieve and maintain a healthy weight?

Feel free to write your response down on a notepad.

Why pay attention to your weight?

Staying at a healthy weight is one of the best things you can do for your health. It can help prevent serious health problems, including:

- Heart disease
- Stroke
- High blood pressure
- Type 2 diabetes
- Sleep apnea

Eating healthy foods and being more active can help you feel better and have more energy.

Weight Management Group Coaching Sessions

Session 1: Orientation - Program overview and exploring personal wellness

Session 2: Eating Healthier - Exploring eating habits and benefits of eating healthier

Session 3: Moving More - Increasing physical activity and daily movement

Session 4: Mindful Eating - Moving beyond what we eat to how and why we eat

Session 5: Stress Reduction - What stress is and how to reduce it

Session 6: Sustaining Change - How to keep up the positive health changes

What to expect at each session

1. Welcome
2. Review goals and activities from last session
3. Introduce topic for today's discussion
4. Honor privacy of group
5. Keep session on track
6. Share strategies and struggles
7. Recommend at-home activities
8. Do 1-minute breathing exercise
9. Close

A new way to achieve and maintain a healthy weight

Weight loss involves eating healthy foods and staying active. It's also about looking at how we are living.



My name is _____ (sign in name).

I'm here because _____.

Portion Control: What's Enough?



20 Years Ago
3" bagel
? calories



Today
6" bagel
? calories

Portion Distortion: By National Heart, Lung, and Blood Institute Obesity Education

Portion Control: What's Enough?



20 Years Ago
Coffee with milk & sugar
8 ounces
? calories



Today
Grande café mocha with whip 2% milk
16 ounces
? calories

Portion Distortion: By National Heart, Lung, and Blood Institute Obesity Education Initiative

Eyeballing Portion Sizes

½ cup – a cupped hand



1 cup – a fist



3 ounces - flat palm



1 tablespoon – thumb



1 teaspoon: thumb tip



*http://aetnet.aetna.com/ahrnet/communications/Wellness_Works_Portion_Control-7-30-10.pdf

At-home activities:

Go to the Healthy Lifestyle Coaching page at:

www.aetna.com

1. Complete Eating Journal. See p. 35 in the My Path to Wellness Workbook
2. Try an mp3 audio
3. Try any other activity from the workbook
4. Join an online social community to give and receive support



Let's take a breathing break



Mindfulness tips:

Start to be more aware of your portion sizes.

Pay attention to one breath moving in and out of the body as often as possible during the day.

What's one small
change you will make
this week?

You can call the Healthy
Lifestyle Coaching
program at
1-866-213-0153.

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Group Coaching: Weight Management

Session 2: Healthy Eating



Welcome to Group Coaching: Weight Management! You've taken an important step along your path to wellness.

My name is ____, and I'm your coach. We'll take 3 minutes to gather and will begin shortly.

Please press *6 to mute your phone.

While you are waiting, consider this:

What did you learn from journaling your eating last week?

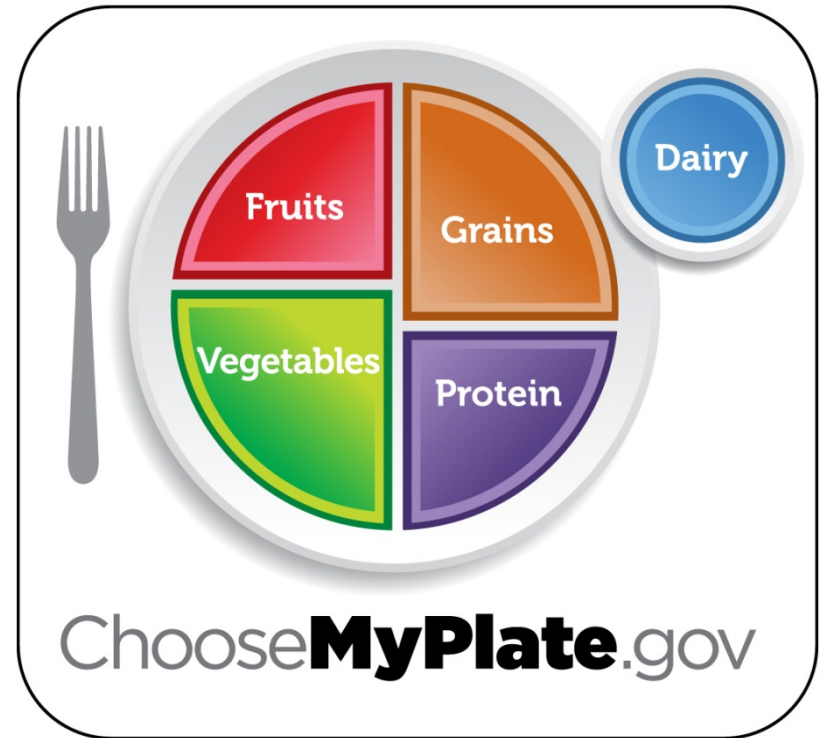
Feel free to write your response down on a notepad.

In today's session we'll:

1. Review the Eating Journal
2. Discuss today's topic: healthy eating
3. Introduce related at-home activities
4. Take a breathing break
5. Close

Benefits of Eating Healthier

- Gives you more energy to tackle the day
- Helps to achieve and maintain ideal body weight
- Prevents disease and helps the body repair itself
- Improves concentration and helps you to accomplish more



GRAINS

FRUITS

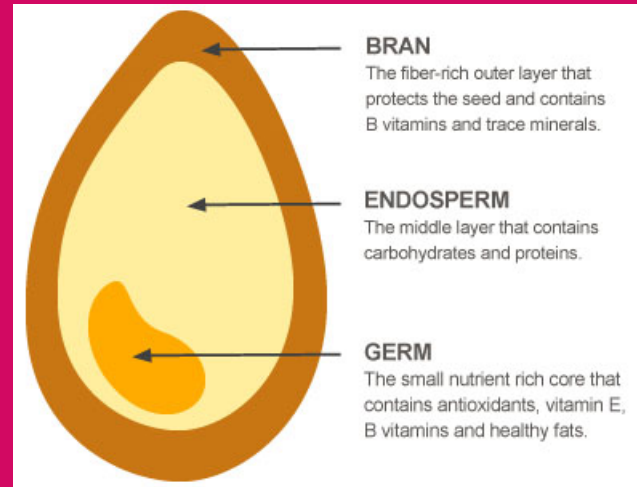
VEGETABLES

PROTEIN

FATS/OIL

DAIRY

GRAINS



Brown rice

Oatmeal

Whole wheat cereal flakes

Whole wheat bread or English muffin

Whole wheat crackers

Whole wheat pasta

Quinoa

Bulgur (cracked wheat)

Popcorn

Tips to help you eat more whole grains

At Meals:

- Substitute a whole-grain product for a refined product – such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.
- Try brown rice or whole-wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes and whole-wheat macaroni in macaroni and cheese.
- Use whole grains in mixed dishes, such as barley in vegetable soup or stews and bulgur wheat in casserole or stir-fries.
- Experiment by substituting whole wheat or oat flour for up to half of the flour in pancake, waffle, muffin or other flour-based recipes. They may need a bit more leavening.
- Use whole-grain bread or cracker crumbs in meatloaf.
- Try rolled oats or a crushed, unsweetened whole grain cereal as breading for baked chicken, fish, veal cutlets, or eggplant parmesan.

As Snacks:

- Snack on ready-to-eat, whole grain cereals such as toasted oat cereal.
- Add whole-grain flour or oatmeal when making cookies or other baked treats.
- Try 100% whole-grain snack crackers.
- Popcorn, a whole grain, can be a healthy snack if made with little or no added salt and butter

FRUITS

Choose fresh, canned, dried, frozen,
or 100% fruit juice.

Apples

Bananas

Oranges

Melons

Berries

Grapes

Peaches

Plums

Raisins

Mixed fruit/fruit cup

100% orange, apple, grape, or grapefruit juice

Tips to help you eat fruits

- Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
- Refrigerate cut-up fruit to store for later.
- Buy fresh fruits in season when they may be less expensive and at their peak flavor.
- Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.
- Consider convenience when shopping. Try pre-cut packages of fruit (such as melon or pineapple chunks) for a healthy snack in seconds. Choose packaged fruits that do not have added sugars.

VEGETABLES

Dark green - broccoli, kale, collard greens, spinach, romaine lettuce

Beans and peas - black, kidney, pinto, and soy beans, lentils, split peas

Starchy - corn, peas, potatoes

Red and orange - carrots, red peppers, tomatoes, butternut squash

Other - artichokes, asparagus, cabbage, celery, cucumbers, mushrooms, onions

Tips to help you eat veggies

- Buy fresh vegetables in season. They cost less and are likely to be at their peak flavor.
- Stock up on frozen vegetables for quick and easy cooking in the microwave.
- Buy vegetables that are easy to prepare. Pick up pre-washed bags of salad greens and add baby carrots or grape tomatoes for a salad in minutes. Buy packages of veggies such as baby carrots or celery sticks for quick snacks.
- Use a microwave to quickly “zap” vegetables. White or sweet potatoes can be baked quickly this way.
- Vary your veggie choices to keep meals interesting.
- Try crunchy vegetables, raw or lightly steamed.

PROTEIN

Meats: beef, pork, lamb, game meats

Poultry: chicken, turkey

Eggs

Beans and peas

Seafood: finfish, shell fish, canned fish

Nuts and seeds

Processed soy products

Tips for eating lean foods

START WITH LEAN:

- The leanest beef cuts include round steaks and roasts (eye of round, top round, bottom round, round tip), top loin, top sirloin, and chuck shoulder and arm roasts.
- The leanest pork choices include pork loin, tenderloin, center loin, and ham.
- Choose extra lean ground beef. The label should say at least “90% lean.” You may be able to find ground beef that is 93% or 95% lean.
- Buy skinless chicken parts, or take off the skin before cooking.
- Boneless skinless chicken breasts and turkey cutlets are the leanest poultry choices.
- Choose lean turkey, roast beef, ham, or low-fat luncheon meats for sandwiches instead of luncheon/deli meats with more fat, such as regular bologna or salami.

KEEP IT LEAN:

- Trim away all of the visible fat from meats and poultry before cooking.
- Broil, grill, roast, poach, or boil meat, poultry, or fish instead of frying.
- Drain off any fat that appears during cooking.
- Skip or limit the breading on meat, poultry, or fish. Breading adds calories. It will also cause the food to soak up more fat during frying.
- Prepare beans and peas without added fats.
- Choose and prepare foods without high fat sauces or gravies.

FATS/OILS

Canola

Cottonseed

Safflower

Sunflower

Corn

Olive

Soy bean

Foods that include these healthy oils are avocados, olives, some fish, and nuts.

DAIRY

Milk

Calcium-fortified soymilk

Yogurt

Cheese: hard, soft, processed

Tips for making wise choices with dairy

- Include milk or calcium-fortified soymilk (soy beverage) as a beverage at meals. Choose fat-free or low-fat milk.
- If you usually drink whole milk, switch gradually to fat-free milk, to lower saturated fat and calories. Try reduced fat (2%), then low-fat (1%), and finally fat-free (skim).
- If you drink cappuccinos or lattes — ask for them with fat-free (skim) milk.
- Add fat-free or low-fat milk instead of water to oatmeal and hot cereals.
- Use fat-free or low-fat milk when making condensed cream soups (such as cream of tomato).
- Have fat-free or low-fat yogurt as a snack.
- Make a dip for fruits or vegetables from yogurt.
- Make fruit-yogurt smoothies in the blender.
- For dessert, make chocolate or butterscotch pudding with fat-free or low-fat milk.
- Top cut-up fruit with flavored yogurt for a quick dessert.
- Top casseroles, soups, stews, or vegetables with shredded reduced-fat or low-fat cheese.
- Top a baked potato with fat-free or low-fat yogurt.

At-home activities:



Go to the Healthy Lifestyle Coaching page at:

www.aetna.com

1. Complete the My Home Exercise Plan Worksheet. See p. 42 in the My Path to Wellness Workbook
2. Try an mp3 audio
3. Try any other activity from the workbook
4. Join an online social community to give and receive support

Let's take a breathing break



Mindfulness tips:

Notice how many whole foods verses processed foods you eat this week.

Take short walks or movement breaks. Notice how you feel after.

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Group Coaching: Weight Management

Session 3: Moving More



Welcome to Group Coaching: Weight Management! You've taken an important step along your path to wellness.

My name is ____, and I'm your coach. We'll take 3 minutes to gather and will begin shortly.

Please press *6 to mute your phone.

While you are waiting, consider this:

When you envision yourself being more physically active, what does that look like?

Feel free to write your response down on a notepad.

In today's session, we'll:

1. Review the My Home Exercise Plan Worksheet
2. Discuss today's topic: moving more
3. Introduce related at-home activities
4. Take a breathing break
5. Close

The problem: We've become a sedentary culture.

The answer: Get moving! 😊

Benefits of physical activity

- Strengthens your heart and your body
- Improves self-esteem
- Gives a sense of control
- Keeps your mind off problems
- Helps you sleep better
- Reduces stress
- Improves circulation
- Increases the good blood fats
- Increases metabolism
- Maintains healthy body weight
- Releases “feel good” hormones



Talk to your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal.

CDC Guideline for Physical Activity

Adults need 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week **and** muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms) **OR**

1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity (i.e., jogging or running) every week **and** muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms) **OR**

An equivalent mix of moderate- and vigorous-intensity aerobic activity and muscle strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

Tips for getting more active

Start with simply trying to move more during your day

Graduate to simple exercises, such as walking, bicycling, swimming, or jogging.

Warm up your muscles for about 5 minutes before you start exercising.

Stay tuned in to your level of exertion. Do the talk/sing test:

- If you can talk during exercise, you're doing fine.
- If you can sing during exercise, you can exercise a little faster or harder.
- If you are not able to talk, you're probably exercising too hard. Slow down a bit.

Cool down and stretch for 5 to 10 minutes after you exercise.

Drink water before, during, and after exercise.

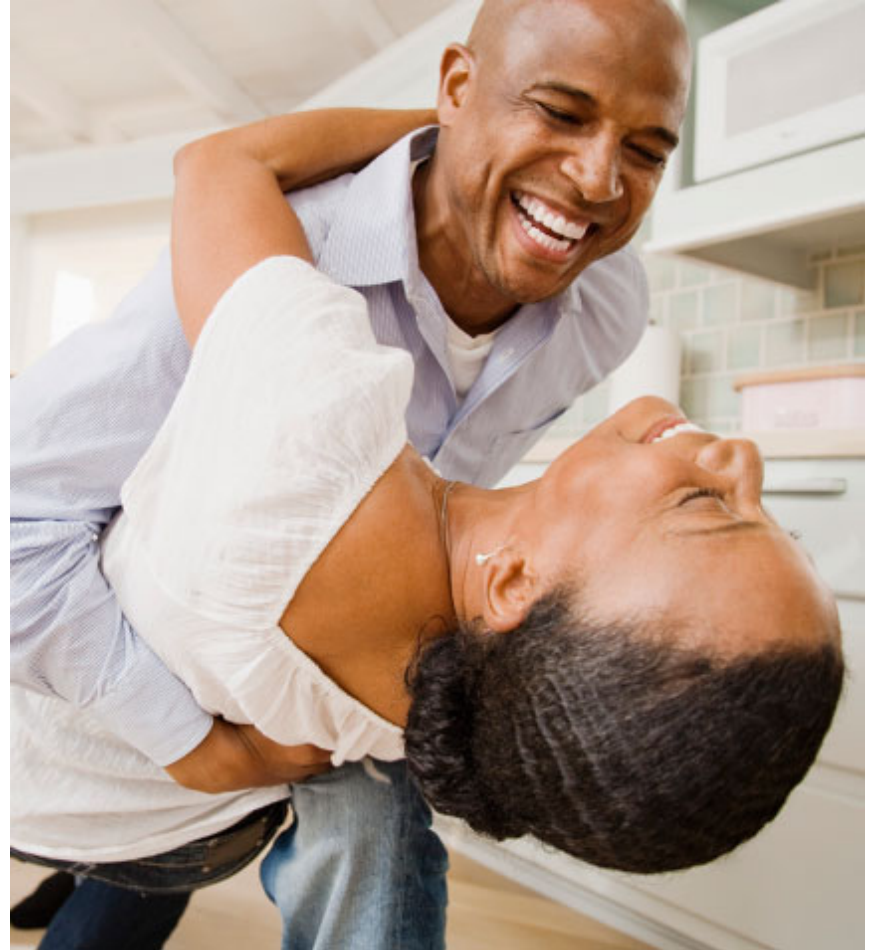
Don't exercise within 3 to 4 hours of your bedtime.

At-home activities

Go to the Healthy Lifestyle Coaching page at:

www.aetna.com

1. Complete the Exercise Journal. See p. 44 in the My Path to Wellness Workbook
2. Try an mp3 audio
3. Try any other activity from the workbook
4. Bring a raisin to our next session
5. Join an online social community to give and receive support



Let's take a breathing break



Mindfulness tips:

Pay attention to your body when you move. Notice your breathing and notice what's happening in the body while you're moving. Being aware of sensations in the body helps you to practice a higher level of self-care.

Try to sit down and relax when you eat. Avoid eating while driving or working. Notice the color, texture, and smell of your food.

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Group Coaching: Weight Management

Session 4: Mindful Eating



Welcome to Group Coaching: Weight Management! You've taken an important step along your path to wellness.

My name is ____, and I'm your coach. We'll take 3 minutes to gather and will begin shortly.

Please press *6 to mute your phone.

While you are waiting, think about the suggested at-home activity, Exercise Journal, and how that worked for you.

Feel free to write your response down on a notepad.

In today's session, we'll

1. Review the Exercise Journal
2. Discuss today's topic: mindful eating
3. Introduce related at-home activities
4. Take a breathing break
5. Close



What do you do while
you're eating?

Watch TV? Work on
your computer?
Drive?

Benefits of mindful eating

- Become more aware of thoughts and feelings
- Calms the body
- Aids in digestion
- Helps to not overeat
- Discover other ways to deal with stress
- Enjoy food more



Mindful eating activity



Tell us about your
experience with this
mindful eating activity.

Hunger and Fullness

Hunger:

1. How do you know when you are hungry?

What are your hunger cues?

- Physical
- Emotional

2. Before eating, use the breath to relax.

3. Focus on your body and how you experience hunger.

4. Rate your hunger on a scale of 1-10, with 1 being not hungry at all and 10 being ravenous.

5. Rate your hunger 5 and 10 minutes into your meal. Become aware of sensations in your stomach.

Fullness:

Asking yourself these questions will help you tune into how full you are:

- How does my stomach feel?
- Can I feel the food? Is there any discomfort or pain?
- Does my stomach feel stretched, bloated or full?
- How does my body feel?
- Do I feel content and comfortable?
- Do my clothes feel tight?
- Is there nausea or heartburn?
- Do I feel short of breath?
- How is my energy level?
- Do I feel energetic and ready for the next activity?
- Am I sleepy, lethargic, tired or sluggish?
- What do I feel like doing right now?

Mindfulness tips:

Notice your body signals for hunger. Be aware of when you are emotional eating or stress eating.

Take a breath before you begin to eat your meal. Pause and notice how your stomach feels as you eat.

At-home activities

Go to the Healthy Lifestyle Coaching page at:
www.aetna.com

1. Eat a snack or meal mindfully (p. 33) and Complete Hunger/ Fullness Worksheet (p. 32) in the My Path to Wellness Workbook
2. Try an mp3 audio
3. Try any other activity from the workbook
4. Join an online social community to give and receive support



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Group Coaching: Weight Management

Session 5: Stress and Stress Reduction



Welcome to Group Coaching: Weight Management! You've taken an important step along your path to wellness.

My name is ____, and I'm your coach. We'll take 3 minutes to gather and will begin shortly.

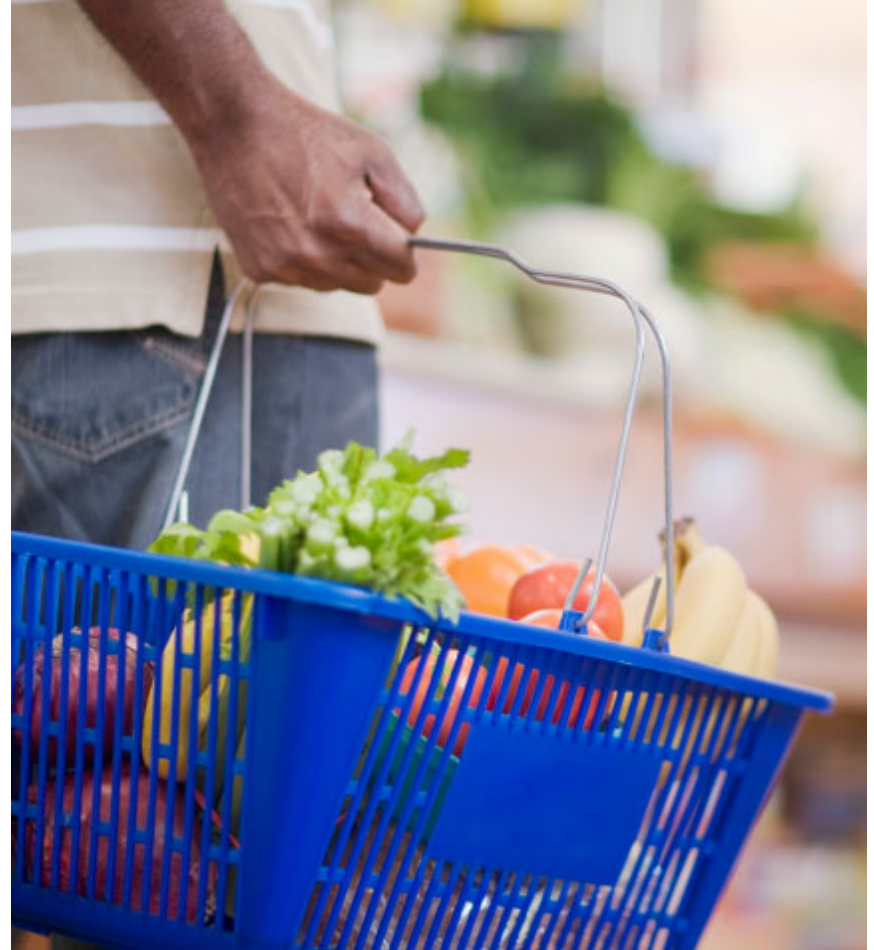
Please press *6 to mute your phone.

While you are waiting, think about the suggested at-home activity, Hunger and Fullness Worksheet, and how that worked for you.

Feel free to write your response down on a notepad.

In today's session we'll

1. Review the Hunger and Fullness Worksheet
2. Check in on your mindful eating experience
3. Discuss today's topic: stress/stress reduction
4. Introduce related at-home activities
5. Take a breathing break
6. Close



Feeling overwhelmed? How does this impact eating and your weight?

- Feeling powerless especially by an excessive amount of something
- Inundated with work
- Feeling engulfed by fear



Eating and Stress

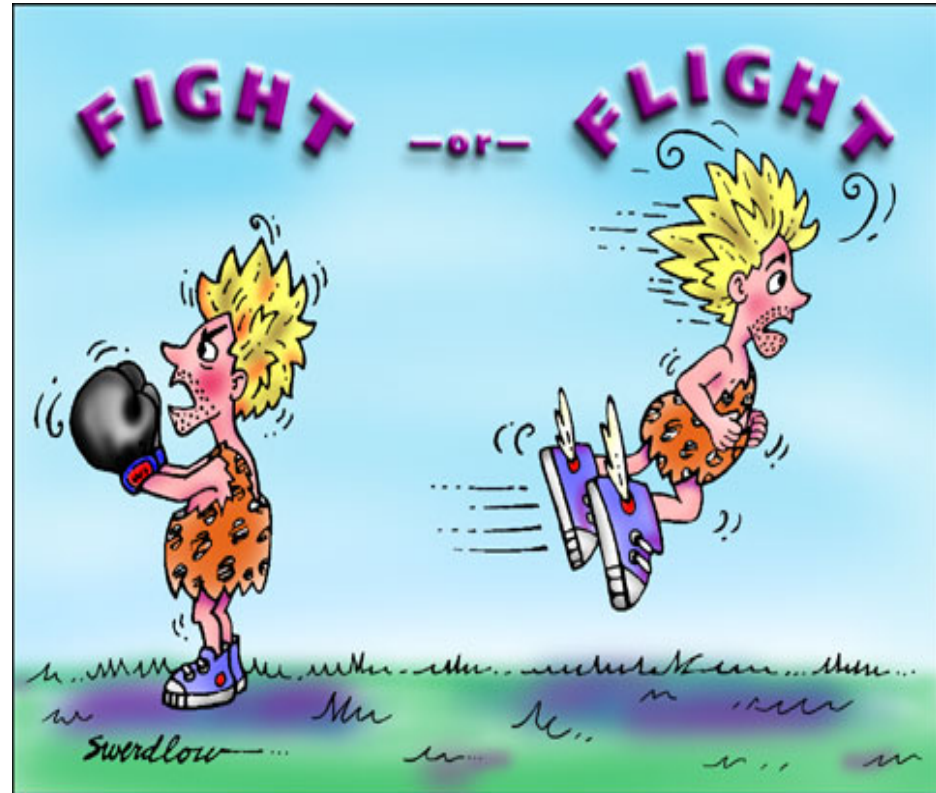
- 1. Healthy nutrition is one of the best defenses against illness**
- 2. Immune system depends on nutrient-rich diet**
- 3. Combats against fatigue and depression**

Tips:

- Eat balanced meals including protein, fresh fruits and vegetables, and whole grains.**
- Eat regularly and don't skip meals.**
- Notice when you are using food as a stress reliever.**
- Drink less caffeinated beverages.**
- Eat mindfully**

What happens during a stress event

- Muscle tension
- Strong emotions; anxiety, terror, fear, anger, rage
- Release of stress hormones; epinephrine, adrenaline, cortisol, norepinephrine
- Pupils dilate
- Hair on the body stands erect
- Heart rate and blood pressure increase
- Digestive system shuts down



Symptoms of chronic stress:

Fatigue

Memory loss

Inability to concentrate

Restless sleep/insomnia

Depression/anxiety

Increased frequency of infection

Pain

Chronic inflammation

Sleep may affect body weight

Increases how much food we eat:

- Alters hormones that control hunger; increase in hunger and appetite—especially for foods rich in fat and carbohydrates.
- More awake time at night means increase in calories consumed.
- Prompts us to choose less healthy foods; more likely to eat out, have irregular meal patterns, and snack.

Decreases the energy we burn:

- More tired during the day, and as a result may curb physical activity.
- Spend more time watching TV and less time playing organized sports.
- Drop in body temperature may lead to decreased energy expenditure.

One of the simplest and most effective strategies to reduce stress involves awareness of the breath.

Let's take a breathing break



Mindfulness tips:

Start to notice the thoughts going through your mind.

See if you can be aware of feelings and emotions.

Pay attention to sensations in your body.

Try to be more aware of your breathing.

At-home activities

Go to the Healthy Lifestyle Coaching page at:

www.aetna.com

1. Complete Stressors and Copers Worksheet. See p. 36 in the My Path to Wellness Workbook
2. Try an mp3 audio
3. Try any other activity from the workbook
4. Join an online social community to give and receive support



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Group Coaching: Weight Management

Session 6: Sustaining Change



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While you are waiting, think about the suggested at-home activity, Stressors and Copers Worksheet, and how that worked for you.

Feel free to write your response down on a notepad.

In today's session we'll:

1. Review the Stressors and Copers Worksheet
2. Discuss today's topic: sustaining change
3. Create a relapse prevention plan
4. Take a breathing break
5. Close



What situations do you
have awareness of that
have the potential to
take you off course?

What strategies have
you discovered to help
you stay on course?

What new attitudes or
ways of thinking have
you adopted?

Remember

- Relapse is a natural part of change
- Most people need more than one attempt to succeed
- Sometimes we need to budget more time, money, and energy
- Be prepared for complications...“life happens”
- Focus on making small changes
- Stress precipitates relapse, so manage your stress
- When you fall back into an old pattern, think of it as a step back

Support

What resources are available to help you?

Who do you know who has been successful with losing weight and keeping it off? Remember, different people can be supportive with different changes.

Name:

E-mail:

Phone:

How about participating in an online lifestyle community?

Relapse Prevention Plan

I can be successful with healthy eating if I go grocery shopping on a regular basis.

I can eat a healthy dinner even when I work late if I keep it simple.

I can bring a snack bag with me to work so that I'm not starving at dinnertime.

I can communicate my needs and feelings to others and no longer gain satisfaction from emotional eating.

I can manage my stress skillfully and find healthy ways to relax instead of engaging in stress eating.

Write your own relapse prevention plan:

I can be successful with
_____ (your goal/what you
want) if I _____ (your
strategy).

Let's take a breathing break



Tools and resources to help you succeed:

Go to the Healthy Lifestyle Coaching page at:

www.aetna.com

1. Create your Self-Care Bag. See pp. 8-9 in the My Path to Wellness Workbook
2. Use mp3 audios
3. Continue with other activities in the workbook
4. Join an online social community to give and receive support



Autobiography in Five Chapters

–Portia Nelson

Chapter One:

I walk down the street. There is a deep hole in the sidewalk. I fall in. I am lost...I am hopeless. It isn't my fault. It takes forever to find a way out.

Chapter Two:

I walk down the same street. There is a deep hole in the sidewalk. I pretend I don't see it. I fall in again. I can't believe I'm in the same place. But it isn't my fault. It still takes a long time to get out.

Chapter Three:

I walk down the same street. There is a deep hole in the sidewalk. I see it there. I still fall in...it's a habit. My eyes are wide open. I know where I am. It is my fault. I get out immediately.

Chapter Four:

I walk down the same street. There is a deep hole in the sidewalk. I walk around it.

Chapter Five:

I walk down another street.

What did you gain by participating in this program?

Thank you for allowing me to be part of your wellness journey! I wish you continued growth and success!

You can call the Healthy Lifestyle Coaching program at 1-866-213-0153.

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