

Lifestyle Maintenance Tips

You learned new behaviors in the *Lifestyle Change Phase* of the TLP. These behaviors helped you lose weight and control diabetes. You will continue to do the same behaviors during the *Lifestyle Maintenance Phase*. It's the next step in making them *lifelong habits*.

What is the Lifestyle Maintenance Phase? Why is it called "maintenance"?

It's the 2nd phase of the program. Maintenance means keeping up your progress. You will maintain your progress by doing healthy eating and activity behaviors. This will help you:

- ▶ Keep control of your diabetes
- ▶ Stay at your present weight—if that's what you decide to do
- ▶ Continue to lose weight—if that's what you decide to do

A few changes you should know about . . .

Chapters in the Lifestyle Maintenance Phase are called "modules." They are shorter. You've already learned a lot about healthy eating and activity behaviors. We won't have to tell you so much about

that. There will be less for you to read. We will give you some new information. We will remind you of some skills you have already learned. But mostly we will ask you to think about your own situation. We want you to use your skills to continue making lifestyle changes.

What else will be different for me?

The biggest change is that you will learn to be your own coach. You will take on more responsibility. You will meet with your PAL in person every two weeks. Your PAL will be there to help, just not as much as before. Meeting less often with your PAL is a natural change. With all you've learned over the past 6 months, you should be ready for it.

You prepared for this change by making a plan with your PAL. Your PAL will want to know how the plan worked. Were there

Maintaining healthy lifestyle behaviors will help you control your weight.

any surprises? What worked well for you? What would you like to handle in a better way?

Think about these questions from time to time over the next two weeks so you can talk to your PAL about what's different for you now. Make some notes

so you will remember all the things you want to talk about with your PAL.



Here's what you'll learn about in this module:

- ▶ Changes in the TLP program
- ▶ Why weighing is important
- ▶ What to do if you gain weight
- ▶ 4 key goals of the Maintenance Phase



Something else *may be different*. You and your PAL may decide on a different weight goal.

- ▶ You may decide to continue to lose one pound each week.
- ▶ You may decide to lose less weight each week.
- ▶ You may decide to stay at your present weight—if you have already met your weight loss goal and are at a healthy weight. Your PAL

Losing weight will help you manage your diabetes.

will let you know what this weight is.

What will my goals be during the maintenance phase?

You will continue to do the same healthy lifestyle behaviors that have helped you lose weight and manage your diabetes. You have 4 key goals during the Lifestyle Maintenance Phase. You will:



- ⊙ Limit RED foods
- ⊙ Increase GREEN activity
- ⊙ Hold Family Meetings
- ⊙ Keep Track of Weight

At times you may decide to use a different Lifestyle Log. This is something you can talk about with your PAL. If you use the new log, you will not record all the foods you eat. You will not record calories. Keeping track of just your RED foods will take less time. It should have the same results. If you eat fewer RED foods, you will eat fewer calories.

Keeping Track of Weight is a *new goal*. But it's not a *new behavior*. You've been doing it all along. What's different now is that it's a goal. Now you will earn points for doing it. Why? The habit of checking your



Keep weighing and graphing

We want you to weigh yourself at least once a week during this phase. We also want you to graph your weight each time. Weighing once a week gives you timely feedback. A graph shows you the big picture.

Why is weighing so important now? Knowing what you weigh tells you how well you are maintaining the healthy lifestyle behaviors that will help you control diabetes.

- ▶ If you continue to lose weight—or stay at the same weight without gaining any back—you can be pretty sure that

you are continuing to do healthy behaviors.

- ▶ If you gain a little weight, you'll know that you need to do something to get back on track.

Weigh yourself at the same time of day, like when you get up or just before bed. Weigh yourself on the same day of the week. For example, if you see your PAL and are weighed on Wednesday, weigh yourself at home the next Wednesday.

Your scale may show a different weight than the scale you use with your PAL. Weigh yourself at home before your PAL visits. Compare your

weights. Do this for a few weeks. This will show you how the scales compare. It will help you know what your weight on your PAL's scale would be when you weigh at home.

Don't worry if your weight changes a pound or two each time you weigh yourself. The important thing is to pay attention to the weight-change *patterns over a few weeks*. If the graph shows that your weight is going down, you can be sure you are doing healthy behaviors. Otherwise, the graph is letting you know that you need to improve some of your eating and activity behaviors.



Alicia was concerned about not meeting with her PAL face-to-face during the first week. She was also feeling pressure at school because she had two big tests. Even so, she weighed herself. She knew it was the right thing to do.

That's when she got upset. She discovered she had gained 2 pounds that week!

She talked with her PAL on the phone because she was disappointed. Her PAL calmed her down. He explained that it was not unusual to gain a little weight when making a change like meeting less often. "The important thing," he said, "is to get back on track right away."

Alicia looked carefully at her Lifestyle Log. She saw that she had been eating more RED snacks at school than usual. Alicia said that was because she was worried about her tests.

Alicia and her PAL made a plan. Next week she would take vegetables and fruits to school for snacks. She wouldn't eat anything from the vending machines for snacks. Alicia felt good again. She was sure that she could get back on the right track.

weight at least once a week will help you see how well you are doing your healthy eating and activity behaviors.



What should I do if I gain weight?

Don't panic. Gaining some weight can easily happen during a time of change. It's not what you want. But it can happen. It's a clue that you are probably not doing something quite as well as you think you are or would like to be.

You probably have had weeks when you gained weight. Remember what you did then? You and your PAL figured out what went wrong. You figured out what you needed to do to get back on track. That's what you need to do now. But you'll have to do more of it on your own because you won't see your PAL as often. It can be hard to continue a healthy lifestyle. **But you can do this.** You have

the skills and experience to get back on track.

First check your eating behaviors:

- ▶ How well did you manage your eating behaviors? Look at portion sizes, calories, and RED foods. If you weren't doing such a good job with these, this is the place to start.
- ▶ What does your Lifestyle Log show? You know how to tell if you ate too many RED foods. You can tell if your portions were too large, or if you snacked on the wrong foods.
- ▶ You may need to record all the foods you eat for a while. You may also need to record the calories of these foods. This will help you get back on track.

Why is it so important for Alicia to weigh herself every week?

Would Alicia's plan work for you? How?

Weighing once a week will show you how well you are meeting your goals.



more calories than you eat. Your weight will stay the same if you burn up as many calories as you eat. You will gain weight if you eat more calories than you burn up.

Then consider *physical activity*. Use your Lifestyle Log to guide you.

- ▶ Did you get enough GREEN activity each day? If not, what can you do to get more?
- ▶ What about RED activity? Did you spend more time than you should being sedentary in front of the computer or television?

Remember what you learned about the energy balance? To lose weight you must burn up

Figuring out what went wrong is the first step. Then you can make a plan to get back on track. Explain all this to your parents at a family meeting. Tell them what you plan to do to turn things around. Ask them to do what they can to help. Then get started doing it!



How can I get off to a good start?

Focus on one or two behaviors until you get them down. Having a special focus is a great way to learn new habits, to shape up old habits, and to keep up your enthusiasm.

What should you focus on right now? That's up to you. We suggest that you put weighing and graphing your weight on your list. If you know you are not gaining weight, you can be pretty sure you are doing other things well.

Skills and Goals for maintaining a healthy lifestyle

- ▶ Weigh and graph my weight once a week.
- ▶ Identify one eating and one activity behavior that I want to focus on right now.
- ▶ Make a plan to do each behavior.

Think about any other behaviors you want to work on. Talk it over with your parents. When you meet with your PAL in two weeks, you can talk over the challenges you face and decide on a special focus for the two weeks after that.

Don't panic if you gain weight. Just figure out what could have gone better, and make a plan to get back on track.



Notes to myself—some things I want to keep in mind this week:

Lifestyle Maintenance Tips

Weight Goal

Weight loss helps you manage your diabetes. Let's look at how much your weight has changed so far. Then let's see how much you would like to lose over the next 6 months.

- Your weight at the start of the program
- Your current weight
- How much your weight has changed
- Your weight loss goal
- If you would like to continue losing weight, how much weight would you like to lose each week?



What are the 4 key goals you will keep track of during the next 6 months of the Lifestyle Maintenance Phase?

1. _____
2. _____
3. _____
4. _____

Review

1. I should weigh myself at least ____ a week.
 - A. Once
 - B. Twice
 - C. Three times
 - D. Five times
2. I should try to weigh myself _____.
 - A. At different times of the day
 - B. At the same time of the day
 - C. After I eat
 - D. Whenever I feel like it
3. Graphing my weight is important. It shows me _____.
 - A. How my weight changes
 - B. What my progress is
 - C. What the weight-change pattern is
 - D. All of the above
4. If I gain weight, I know it's time to _____.
 - A. Panic
 - B. Figure out what went wrong
 - C. Make a plan to eat fewer RED foods and get more physical activity
 - D. B and C
5. If I don't gain weight, I know that _____.
 - A. I'm doing many of the right things.
 - B. I can eat more RED foods
 - C. I can cut back on physical activity
 - D. I can watch more television

Answers: 1.A 2.B 3.D 4.D 5.A

Compare Your Scales

Use this chart to figure out the difference in your weight on the PAL's scale and your home scale. This will help you keep your graph accurate.

Date						
Home Scale Weight						
PAL Scale Weight						
Weight difference						

Special Focus

What should you pay special attention to right now? In the column on the left, check off any behaviors that are difficult for you to do right now. In the column on the right, write down the barrier that makes it difficult to do that behavior.

Be as specific as you can. For example, if limiting your RED foods is difficult because you often stop at a fast-food restaurant after school, put that down. Or if you drink a lot of soda, put that down. If you don't keep your Lifestyle Log up to date, write that down.

	Goal	Barrier
<input type="checkbox"/>	Limit RED foods	
<input type="checkbox"/>	Increase GREEN activity	
<input type="checkbox"/>	Hold Family Meetings	
<input type="checkbox"/>	Keep Track of Weight	

Now write down some things you could do to help yourself meet the goals that are difficult for you right now.

- To limit my RED foods, I could _____
- To increase GREEN activity, I could _____
- To make better use of family meetings, I could _____
- To be sure I weigh myself once a week and graph my weight, I could _____

Lifestyle Maintenance Tips

Learn To Be Your Own Coach

Some people get excited by the challenge of taking on more responsibility. Others worry about doing it and need extra support. What about you?

What part of the challenge excites you most? Why?

What part of the challenge worries you most? Why?

Lifestyle Maintenance Tips

What is the Lifestyle Maintenance Phase?

It's maintaining your progress by doing the same healthy eating and activity behaviors. This will help you:

- ▶ Keep control of your diabetes
- ▶ Stay at your present weight—if that's what you decide to do
- ▶ Continue your progress losing weight—if that's what you decide to do



Your 4 key goals:

- ⊙ Limit RED foods
- ⊙ Increase GREEN activity
- ⊙ Hold Family Meetings
- ⊙ Keep Track of Weight



Keep weighing and graphing.

Weigh yourself at least once a week during this phase, and graph your weight each time.

- ▶ If you continue to lose weight—or even keep your weight the same without gaining any back—you can be pretty sure that you are continuing to do the right behaviors.
- ▶ If you gain a little weight, you know you need to get back on track.



SPECIAL FOCUS

How to get off to a good start

- ▶ Weigh and graph your weight at least once each week.
- ▶ Pick one healthy eating behavior and one activity behavior to focus on right now.
- ▶ Make a plan to do each behavior.
- ▶ Use your Family Meetings to make sure you are:
 - ▶ Weighing yourself once a week.
 - ▶ Meeting your other goals.

