

Module Twelve

Going Forward



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YOU ACKNOWLEDGE THAT YOU HAVE CAREFULLY READ THIS "WAIVER AND RELEASE".

Going Forward

Congratulations – you’ve made it to the final week of the program!

By now, you are either at your goal weight (if you had a small amount of weight to lose), or well on the road to achieving your ideal vibrant health and goal weight.

This week our program will focus on behaviors and tips for weight maintenance.

It’s going to be easier than you think!

With most weight loss programs you have dramatically changed your normal patterns, and so trying to get “back to normal” feels very foreign.

With the Healthy Habits program, you have been focusing on very small changes that can become lifelong habits.

That means that, as you move forward, you will just continue what you’ve already been doing all along!

Moderation and consistency are the key to successful weight and health maintenance. Continue with self-care and **Healthy Habits** in Food, Body and Mind, and you will never have to think about losing weight again.

Turn to page 2 of your Week Twelve Activity Book to complete the worksheets.

Going Forward

Decide your goals for moving forward, and create your plan from there.

If you're ready to switch to **focusing on weight maintenance**, you will create strategies to support your Healthy Habits with that in mind.

If you're ready to continue **focusing on weight loss**, that will impact your strategies to move forward.

Finally, **you might just want a break**. If you're feeling this way, you may have done a little too much too fast during the program.

Rather than giving up everything, perhaps select one or two of your areas of focus that are challenging or emotionally charged for you, and move those back to a behavior that doesn't feel tiring or draining.

It's normal to push a little too hard – the key now is to realize what occurred and to maintain those habits that feel good to you, so that you don't lose all the positive progress you've made during this program.

When you're ready, you'll pick back up again with the habits that are currently challenging.

Maintenance Tips

Keep doing what you're doing Keep tracking your food, planning your meals, drinking your water and scheduling your exercise. Change your mindset so that these are not things you do to lose weight - they are your normal everyday habits.

Weigh yourself regularly and have an action 'window' Weekly weigh-ins help you understand your fluctuations until they no longer scare you - they're just an indicator of a trend. Set yourself a 'window' of a few pounds; if your weight goes five pounds over goal you know it's time to make a few adjustments to your eating and activity.

Accept that there will be tough times As with weight loss, there will be tough times. Sometimes life gets crazy and Healthy Habits slip down the priority list. Pick up where you are, and start from there. It's probably not as bad as you think!

Tackle your demons If you've got a long history of emotional eating, for example, the issue won't disappear just because you've lost weight. It's important to understand any underlying issues, otherwise they'll resurface when life gets challenging. Be sure to reach out if you need help.

From weightlossresources.co.uk

Maintenance Tips

Armed with the knowledge you've gained in this program, you're well prepared to either continue losing weight or to maintain the loss you've already enjoyed. The critical key to keep up with in this case is your TDEE.

For weight loss, you calculate your average TDEE and
subtract 500 calories to create a slight deficit.

For weight maintenance, you calculate your average TDEE and
eat approximately that many calories daily.

This can be a bit of a trial-and-error process. If you find yourself gaining weight two weeks in a row, then you need to either up your activity slightly or lower your calorie intake. If you find yourself losing when your goal is to maintain, then you need to increase your calorie intake to support your activity.

Supporting Your Goals



It may be that, 12 weeks into focusing on your health, you're ready to continue making progress with your goals.

I'm happy to support you moving forward!

Please reach out and contact me if you would like to know the options for how we can continue working together in the future.

Focusing on Food



“

Good habits are just as addictive as bad habits but much more rewarding!

~Sparkpeople.com

”

Weekly Food Activity

What were your Healthy Habits food goals last week? You should have identified a caloric target and one other goal.

With your goals in mind, look at last week's food log on Loselt and check the following:

- What were your daily average calories last week? Above or below your target?
 - If below your target, what can you do this week to get in more calories each day?
 - If above your target, do you want to move more next week, or eat less? Choose what works best for your schedule and lifestyle.
- How did you do with your second target for the week? Was it easy? Hard?

Use the provided worksheets on page 4 of your Week 12 Activity Book to set up your week.

1. What small changes are you making this week to help accommodate your goals?
2. What potential challenges do you foresee this coming week?
3. How can you use your new self-definition with food to navigate these challenges?

Focusing on Body



“

A change from unhealthy habits to healthy habits will yield extraordinary results

~Unknown

”

Weekly Body Activity

What were your Healthy Habits Body goals last week? You should have identified a NEAT goal and a planned activity goal.

With your goals in mind, look at last week's Activity log on Loselt and check the following:

- What were your daily average NEAT last week? Above or below your target?
 - If below your target, what can you do this week to get in more NEAT each day?
 - If above your target, do you want to maintain that next week? Choose what works best for your schedule and lifestyle.
- How did you do with your planned Activity target? Do you want to stay the same or increase?

Use the provided worksheets on page 8 of your Week 12 Activity Book to set up your week.

1. What small changes are you making this week to help accommodate your goals?
2. What potential challenges do you foresee this coming week?
3. How can you use your new self-definition with Body to navigate these challenges?

Focusing on Mind



“

Nothing is impossible. The word itself says
“I’m possible!”

~Audrey Hepburn

”

Weekly Mind Activity

Each week you should try to take daily time for meditation and visualization regarding the theme of the week. These themes are designed to help you progress and develop Healthy Habits in the areas of Food, Body, and Mind.

Most of the work you do in establishing Healthy Habits is mental – changing patterns of behavior that you’re comfortable with into something that you desire.

Turn to page 15 of the Week Twelve Activity Book and complete your final worksheet!

Your weekly mind activity is a short process of visualization and/or meditation around the theme of the week.

This Week’s Themed Visualization

Going Forward

Use the definitions you created for yourself related to Food, Body and Mind. Take 10-15 minutes at the beginning of the week to visualize yourself as the person you have defined, in conjunction with Going Forward outside this program. How do you see yourself Going Forward with your Healthy Habits?

Week Twelve: Complete!

Make sure you finish all activities listed, and participate with your online community to get the best results!



Creating Healthy Habits,
One Week At A Time!