

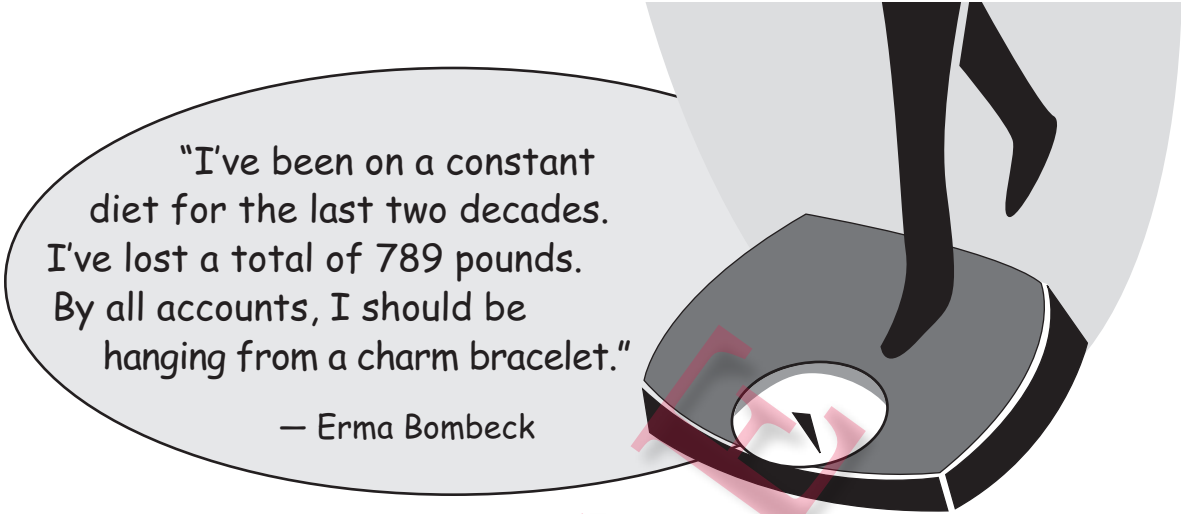
KEEP
IT OFF

Course Book





- Session 1:** Introduction to *Keep It Off*
- Session 2:** Your Weight Story, Then and Now
- Session 3:** Physical Activity: The Key to Successful Weight-Loss Maintenance
- Session 4:** Menu Planning for Successful Weight-Loss Management
- Session 5:** Strategies for Successful Weight Management
- Session 6:** Introduction to Problem Solving
- Session 7:** Overcoming Barriers to Physical Activity and Health Eating
- Session 8:** Relapse Prevention
- Session 9:** Body Image and Weight Goals
(or “Don’t Let the *Perfect* Become the Enemy of the *Good!*”)
- Session 10:** Putting It All Together



"I've been on a constant diet for the last two decades. I've lost a total of 789 pounds. By all accounts, I should be hanging from a charm bracelet."

— Erma Bombeck

Session 1: Introduction to *Keep It Off*

Congratulations on your recent weight loss! Losing weight isn't easy, but the time and effort you have put into changing your eating and activity habits has paid off. Losing weight has numerous benefits, including helping you feel more energetic and better about yourself. Perhaps your clothes are fitting better or you have been able to buy a smaller size. Or maybe you are reaping some of the most important benefits of losing weight — improvements in your blood pressure, cholesterol and blood glucose levels, and a reduced likelihood of developing diabetes, coronary heart disease and even some forms of cancer.

Your next challenge is to keep off the weight you have worked so hard to lose. Maintaining weight can be a little less exciting than losing weight and there can be plenty of barriers along the way. Sometimes you're too busy to exercise. Other times there are too many tempting foods around. You might become bored with the everyday routine of eating healthy and being physically active. Vacations, too much work, getting the flu — the normal ups and downs of life — can all get in the way. However, by appreciating the progress you've made so far, continuing to use the strategies you've been working on to eat healthier and get more exercise, and perhaps by adding a few new ones, you can keep the weight off!