



MANAGING YOUR WEIGHT LOSS

TASK: Learn how to manage your weight.

CONDITIONS: Discussion - Question Based

STANDARDS: Understand how to manage your weight loss.

REFERENCE(S): Academy of Nutrition and Dietetics



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Discuss how to manage your weight and weight loss.

(DISCUSSION) Ask the Soldiers for ideas on how they manage their weight and their weight loss.

- The key to achieving and maintaining a healthy weight isn't about short-term dietary changes. It's about a lifestyle that includes healthy eating, regular physical activity and balancing the number of calories you consume vs. what your body uses.

- Take Away

- Eat fewer calories
- Increase calorie expenditures through physical activity
- Use good behavior change strategies



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Keeping It Off.

(DISCUSSION) Ask the soldiers how they snack healthy and when they know they have eaten enough.

- Watch your diet, Be active, Stay on course
- Eat smaller meals daily.
 - Avoid overeating.
 - Don't skip breakfast; breakfast boost metabolism and prevents hunger and overeating at lunch.
 - Don't neglect the afternoon snack which can make the difference between a good or bad workout.
 - High carbohydrate snack after a workout speed recovery by replenishing muscle glycogen and starve off hunger.



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Motivation.

(DISCUSSION) Ask the soldiers what they use for motivation for managing weight loss.

- Develop a positive mindset.
- Encourage specific efforts.
 - Drink more water, eat less sugar.
 - Muscles burn calories. Keep up your physical activity.
- Avoid pessimists
 - “Start you diet tomorrow.”
- Use before and after pictures