



Beginning a weight loss journey can be difficult. Let Kaiser Permanente Nutrition Services help you take the steps you need to thrive.

Lose Weight Successfully

ACHIEVING YOUR HEALTH GOALS

Kaiser Permanente Nutrition Services
Go to kphealthyme.com, or call **303-614-1070**
(TTY 711), Monday through Friday, 8 a.m. to 5 p.m.

Ready to Lose Weight?

Losing weight is hard work! Are you ready for this journey? First, think about why you want to lose weight. Also, consider past weight loss experiences, what worked and what did not.

Take a moment and write down your answers to the following questions:

What are your reasons for wanting to lose weight?

Will these reasons keep you focused on achieving your goals?

Have you ever been successful with losing weight? If so, what worked and why?

What barriers to weight loss have you encountered in the past? What will be different this time?

Do you have the support of family and friends?

Overcome Barriers

“I’ve lost weight before, but I’ve gained it all back.”

- Get specific. Write down what happened that caused you to gain the weight back.
- Start slowly. Make small changes that you are willing to stick with.
- Find support. Lean on those around you for help in making positive changes.
- Most people who have successfully lost weight report having “failed” many times before. They learned from these failures and tried again.

“I don’t have time to be active.”

- Activity is the key to weight loss and maintenance success.
- Break up exercise into 10 minute sessions, three times per day.
- Be generally more active during your day: Take the stairs, park your car farther away, get off the bus one stop early.
- Schedule activity in your calendar.

“I don’t like to exercise.”

- Don’t call it exercise. Think of it as a way to take a break, manage stress, enjoy your surroundings, or play with your kids.
- Try out different activities until you find one that you really enjoy.
- Focus on what you can do, instead of what you can’t.
- Find a support or accountability partner to exercise with.
- Remind yourself of the immediate benefits of being more active: improved sleep, stress management, and improved mood.

“I don’t want to give up all my favorite foods.”

- There are some foods you may have to eat less of or not as often. Can you enjoy the taste but not the whole serving?
- Choose lower-calorie versions of your favorite foods.

“I don’t have time to cook.”

- Prepare and freeze meals ahead of time to use when days are too busy to cook.
- Take advantage of frozen vegetables, pre-chopped vegetables, and other shortcuts to get healthy food on the table fast.
- Find new recipes you can make in less time. Practice one new recipe each week.



Steps for Success

After answering the questions on page 2, seriously consider whether this is a good time for you begin a weight loss journey. Do you see too many barriers in the way? Are you motivated?

If you're ready to make some lifestyle changes, let's begin!

1. Start by **keeping a record of your food intake and physical activity**. Detective work is the cornerstone of successful weight management. Closely observe your daily behaviors and write them down. Figure out what, when, where, and why you eat. Review your food and activity record, and choose how you will start. Begin with a simple step; for example—if you skip meals, make sure you eat at least three times per day. If you don't eat enough vegetables, find ways to add them into your meals.
2. Decide on **how many calories** to eat for weight loss.
Most women: 1200-1500 calories per day with activity.
Most men: 1500-1800 calories per day with activity.
If you do not want to count calories, keep up with your food and physical activity record.
3. Sample menus can be found on **kphealthyme.com**; use them to structure your meals and then create some menu ideas for yourself using your favorite foods.
4. Look at your activity record. How **often do you exercise**? You will have greater success in losing and keeping weight off if you increase your activity level.
5. **Be realistic** about weight loss. Books, infomercials, the media, etc., can make losing weight sound easy. But changing the way your body responds to exercise and nutrition can take several weeks. Don't expect immediate results—yet do stick with your plan.
6. **Look at your progress**. What are you struggling with? What is going well? Are you still keeping a food and activity record?
7. **Get support** to achieve success! See the following page for ideas and resources.



Get Support

KAISER PERMANENTE RESOURCES

Healthy Connections

This no-cost year-long program provides education, accountability, and support needed for weight loss and maintenance. Visit kp.org/healthyconnections or call **303-614-1070** (TTY 711) for details.

Health Coaching

Wellness coaches can support you in making changes to improve your health and achieve your goals. Learn more: Call the Kaiser Permanente Healthy Living Helpline at **1-866-402-4320** (TTY 711).

HealthMedia Balance

Exercise videos, goal-tracking tools, recipes, and more to help you get motivated and overcome the challenges of losing weight. Tailor your plan at kp.org/healthylifestyles.

Weigh and Win

This free program pays you to achieve a healthy weight! Receive daily support through email, text, and online resources. Visit weighthandwin.com for a kiosk near you.

Weigh and Win + Prevent Diabetes

A virtual class, 365 days of coaching, and 16 on-demand videos to help you lose weight and make lifestyle changes to reduce your risk of developing type 2 diabetes. Sign up at incentahealth.com/dpp/kpco.

Webinars

Visit kphealthyme.com and click the Weight Loss tab to view the following:

- **Weight Loss: What Works** (live webinar)
- **Partial Meal Replacement Online Program** (live webinar) A Registered Dietitian will explain how using meal replacements (protein shakes, protein bars, and other meal alternatives) may help you lose weight.

Weight Loss Surgery

Call the Kaiser Permanente Department of Metabolic Surgical Weight Management at **303-861-3400** (TTY 711) for more information.

OTHER RESOURCES AND SUPPORT

Weight Watchers

An online or in-person lifestyle and weight loss plan: weightwatchers.com

Overeaters Anonymous

A 12-step program for those who suffer from compulsive eating: oa.org

Websites & Smartphone Apps (Check your preferred app store for availability.)
choosemyplate.gov, sparkpeople.com, fitday.com, and myfitnesspal.com



Get Ready!

On a scale of 0-10 (circle one):

1. How motivated are you to lose weight?

Not motivated

0 1 2 3 4 5 6 7 8 9 10

Very motivated

2. How confident are you that you can make changes in diet, exercise, and lifestyle?

Not confident

0 1 2 3 4 5 6 7 8 9 10

Very confident

If you rated less than 5 on the questions above, think about how you could increase your motivation and/or confidence. Review the resources listed on page 5 for inspiration.

My Action Plan

I am ready to lose weight!

1. My goal weight is _____ by _____ (date).

2. My motivation is _____

3. My preparation will include (check all that apply):

- Keeping a daily food log
- Enrolling in an exercise class
- Eating fewer meals out
- Reducing my portion sizes
- Monitoring my steps with a pedometer
- Other: _____

4. What steps will you take to achieve these goals?

5. How will you know when you have successfully made these changes?



Create Healthy Families

It can be difficult to change family health habits. Let us help you get started! What are areas you feel are affecting your family's health? What are barriers to change these areas?

Success is achieved when all family members participate and support one another!

Select one or two goals from the list below that your family can work toward.

- Aim to eat 5-9 servings of **fruits and vegetables** a day. Add a fruit or vegetable to every meal or snack. Try a new fruit or vegetable every week.
- Eat breakfast** every day. Choose whole grain cereals that are low in added sugars and high in fiber. Try a fruit smoothie made with yogurt and fresh or frozen fruits.
- Don't skip meals**—eat at least three meals a day. Prepare $\frac{1}{2}$ your plate with fruits and vegetables, $\frac{1}{4}$ with carbohydrates, and $\frac{1}{4}$ with proteins.
- Eat together as a family** as often as possible. Sit down at the table, turn off distractions and electronics, and enjoy the conversation.
- Limit screen time** (TV, computers, and video games) to two hours or less a day. Move the TV out of the bedroom.
- Be physically active** for at least one hour every day. Go for family walks/bike rides, join sports or activities, play outside (invent games, jump rope, build a snow fort), make an obstacle course, or dance.
- Drink nonfat milk, water, or water flavored with fruit** instead of juice, chocolate milk, soda, and sports drinks.

