

GETFIT WEIGHT MGMT PLAN

Obesity is a disease that can become more severe over time. Even with the help of a prescription treatment for chronic weight management, a successful, long-term plan includes healthy eating, increased physical activity, and behavior changes that fit your lifestyle. Please use the following ideas as a guide for discussing your weight-management plan with your health care professional.

What I can do Today

- Understand the body's natural reaction to weight loss Fill my prescription
- Discuss how weight-related health conditions may affect me

My areas of focus

Healthy Eating

Start with a change that you feel ready to make. Then, consider what else you can work into your routine.

Getting started

- Eat 3 meals a day, including breakfast
- Drink 8 glasses of water a day
- Reduce portions
- Increase protein
- Increase fiber
- Reduce sugar
- Reduce sodium
- Reduce carbohydrates
- Limit saturated and trans fats

Going a step further

- Find a healthy go-to snack that is low in carbs, sugar, and fat
- Increase servings of fruit
- Increase servings of vegetables
- Reduce soda
- Limit processed foods
- Consult a dietitian about _____

Daily goal: calories

5 Phase GLP-1 GetFit QUICK START
 Brisk walking 40 min 4 times/ week
 No Soda or fried foods
 Lipo C 2X /week
 Intermittent fasting by replacing 1 meal a day w/ a meal replacement.
 Commit and initiate visits with Revolution our weight loss partners (commit to a minimum of three visit)
 Make self available for weight loss touch points with weight loss coordinator

Physical activity

Find an activity you will enjoy. To start, aim to be active at least 5 days a week for 30 minutes each day.

Getting started

- Walk briskly Play golf
- Bike Do yoga or pilates
- Swim Lift weights
- Dance Do house work or yardwork
- Hike Other _____

Going a step further

- Add new activity goals to your plan over time

Notes

SEE THE ACTIONS STEPS

Behavior and mindset

Certain behaviors and the way you think can play a role in your weight management.

- Keep a food journal
- Keep an activity journal
- Identify triggers that lead to emotional eating
- Identify challenging social eating situations
- Learn about eating mindfully
- Prepare for how to handle setbacks
- Get a full night's sleep (7-8 hours)
- Focus on small changes like

Notes

For more helpful information on healthy eating, visit <http://www.yourweightmatters.org/category/nutrition/>
 For additional physical activity suggestions, visit <http://www.cdc.gov/healthyweight/physical.activity/index.html>

Setting Realistic Goals

Realistic goals for weight management may help you set your expectations and identify ways to track your progress. Here are a few tips for developing realistic goals.

- Keep in mind that, on average, you may lose 1 to 2 pounds per week
- Start slowly with an activity you enjoy, and make it a habit
- Ask a family member or friend to get active with you
- Work with members of your household to choose healthy foods
- Recognize your progress, and remember that each day is a new day
- Prepare meals in advance and schedule time to make physical activity a part of your daily routine
- Stay on track, even when you feel like you're not making progress
- **Monitor your progress. People who monitor progress lose more weight than those who don't**

What I can do next

Your long-term plan for weight management should include realistic short-term long-term goals that you should discuss with your health care professional.

Month 1

For Example: Build a routine.




Month 2-5

For Example: Continue to take my medicine as prescribed, assess healthy eating and physical activity progress, and consider additional changes.



Month 6-12

For Example: Continue to take my medicine as prescribed and set goals that plan ahead potentially challenging situations, like the holidays.



Year 1+

For Example: Discuss weight maintenance and new goals for moving forward with a health care professional.



Additional Notes

