



## If at First You Don't Succeed... PLAN

*Session plan for group leader*

### About this session:

This session provides for discussion on the importance and benefits of 'Planning' for successful weight management. By the end of this session, participants will have had the opportunity to:

- Discuss how to eat healthy and be more physically active by planning ahead
- Discuss healthy eating at home and when dining out
- Consider how to make time for physical activity
- Review Food and Activity Diary
- Set goals for the week

### To do before this session:

- Review the [Introduction to Group Sessions](#). This provides an overview of facilitating groups and offers guidance on group size, format etc.
- Organize materials for the session:
  - Paper, pens, flip chart/white board
  - MOVE! handouts:
    - [\(B20\) Lose Weight by Planning Ahead](#)
    - [\(N05\) Eating at Home](#)
    - [\(N06\) Eating Well On A Budget](#)
    - [\(N07\) Fast Food Alternatives](#)
    - [\(N25\) Restaurant Tips](#)
    - [\(P23\) Activities to Fit Your Lifestyle](#)
  - Worksheets
    - [Planning Ahead Worksheet](#)
    - [Physical Activity Recall Worksheet](#)

### Introduction (may take 15-20 minutes):

- Conduct individual weigh-in in private (can also be done at the end of the session). Enter weight into the CPRS Vitals Signs package.
- Welcome everyone to the class.
- Revisit ground rules for the session (set new rules if appropriate)
- Invite participants to discuss their progress/goals since the last class.
- Review food and activity diaries and facilitate problem-solving for barriers.
- Discuss any homework from the last class.
- Discuss the purpose of today's session.
- Encourage questions and comments.

### Exercise 1: Plan Ahead

- Write "**Why Plan?**" on the board and ask for comments. Use MOVE! handout [\(B20\) Lose Weight by Planning Ahead](#) to develop the discussion.

- Ask the group to consider the following:
  - Times when they normally overeat
  - Times when they make poor dietary choices
  - Reasons why they are not more physically active
- Ask how planning ahead might help. Give the group time to complete the [Planning Ahead Worksheet](#).
- As an optional exercise, discuss how healthy eating can be less expensive by planning. Use **MOVE!** handout [\(N06\) Eating Well on a Budget](#). This may be appropriate for a group which raises the issue of expense.

## Exercise 2: Healthy eating at home and when dining out

- Remind participants that a healthy lifestyle involves making healthy choices both at home and when dining out. Give the group opportunity to discuss the difficulties of eating healthy at home and when dining out. Make a list on the board of the main difficulties discussed and solicit solutions.
- Distribute **MOVE!** handouts [\(N05\) Eating at Home](#), [\(N07\) Fast Food Alternatives](#) and [\(N25\) Restaurant Tips](#) for further discussion.

## Physical Activity Break

Incorporating physical activity into the session reinforces the healthy lifestyle message and provides opportunity to demonstrate some simple but effective exercises.

- Ask participants to join you in doing the following balance exercises:



**TANDEM STANDING:** Place one foot directly in front of the other, touching heel to toe and hold. Repeat with other foot in front. Use a sturdy chair for support as needed.



**ONE LEG BALANCE:** Lift foot to stand on one leg. Repeat the exercise on the other leg. Use a sturdy chair for support as needed.

### **Exercise 3: Make Time for Physical Activity**

- Distribute the [Physical Activity Recall Worksheet](#). Explain that the worksheet is a tool to help participants discover when and where they may be able to engage in more physical activity.
- After giving the group time to complete the worksheet, ask participants to consider how they may have been able to add more lifestyle physical activities to their day. Distribute **MOVE!** handout [\(P23\) Activities to Fit Your Lifestyle](#) to help generate ideas.

### **Exercise 4: Goal Setting**

- Ask participants to decide on a goal for the next week and ask that they write it into their Food and Activity Diary. Suggest that they use a goal from today's Planning Ahead Worksheet or from the Make Time for Physical Activity exercise.

### **Close the session:**

- Remind participants to:
  - Maintain their food and activity diaries,
  - Wear their pedometers, and
  - Bring both the diaries and the pedometers to all of the sessions.