



Slide 1 - ShipShape Program Steps to Success

Suggested time: 1 min.

Welcome to the ShipShape Program's Steps to Success! This session is self-paced to meet your learning needs and busy schedule. At several points throughout the session, I encourage you to stop the webinar so that you can work on an activity. Feel free to go back and review the material at any time. I want to make sure you have a solid understanding of the program and the fundamental skills to develop a weight management plan that works for you.

Text Captions: Click the Forward button to advance the session. Pages advance automatically after five minutes.

Overview

- ShipShape Program
- ShipShape Program Participant Study Guide
- Participant readiness
- Issues of weight gain
- Benefits of weight loss
- Weight loss goals
- Tracking methods

"A journey of a thousand miles begins with one step." – Lao Tzu

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Slide 2 - Overview

Audio: Narration drawn from content (see content below)

Suggested time: 1 min.

During this session, I will provide you with a brief overview of the ShipShape Program and introduce you to the Participant Study Guide, which contains all the tools and instructions needed to successfully complete the program.

We will also:

- Address your weight loss readiness
- Identify issues of weight gain
- Explore the benefits of weight loss
- Set your weight loss goals
- Discuss tracking methods

ShipShape Program

ShipShape Program Participant Study Guide

Participant readiness

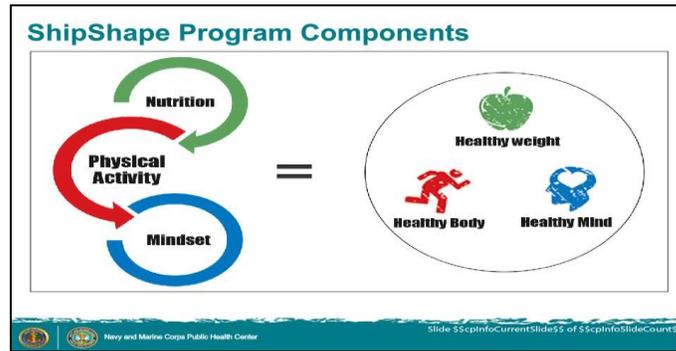
Issues of weight gain

Benefits of weight loss

Weight loss goals

Tracking methods

"A journey of a thousand miles begins with one step." – Lao Tzu



Slide 3 - ShipShape Program Components

Audio: Narration drawn from content (see content below).

Suggested time: 1 min.

The ShipShape Program includes three key and essential components for continued success: nutrition, physical activity, and mindset. For sustained weight loss success, you must be ready to make necessary behavior changes that focus on the combination of healthy eating and physical activity. Each session will touch upon these key components to ensure that you're making long-term lifestyle changes. It is important to not just implement 'quick fix' options, which may lead to the return to unhealthy behaviors once you complete the program.

Remember, the overall goal of the ShipShape Program is to equip you with the knowledge, skills, and resources to develop a realistic plan that works well with your daily lifestyle.

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Slide 4 - ShipShape Program Format

Suggested time: 2 min.

The ShipShape Program is designed with you in mind. We know your time is valuable and we want to make the most of it.

You can enroll in the ShipShape Program at any point while the program is being offered. That means you can start taking classes right away, and you don't have to wait for a new program cycle to begin.

The program consists of eight sessions total -- six in-person group sessions, which are bookended by two virtual sessions.

- This is the introductory online session - Steps to Success.
- Once you complete this session, you can then attend the six in-person sessions in any order that you choose based on availability and your ability to attend.
- The concluding online session - Preparing for the Future - must be completed after the six in-person sessions.
- NOTE: You MUST complete Preparing for the Future to receive a Certificate of Completion, which will be issued electronically and can either be printed or saved as an attachment.

You have six months to complete the program from the date of your first in-person group session.

Barring emergencies, completion of all eight sessions is required within the six month time frame for program completion.

Open enrollment

Eight sessions

Six months to complete the program from date of first in-person session

Completion of all eight sessions is required

- One introductory online session
- Six in-person group sessions
- One concluding online session



Slide 5 - ShipShape Program Session Topics

Audio: Narration drawn from content (see content below).

Suggested time: 2 min.

These are the topics for each session of the program. Each session will include activities that promote group discussions and a Take Home Action Plan to enforce behavior change.

As a reminder: You can complete the in-person sessions in any order based on availability of offerings and your ability to attend.

The overall goals for the sessions are:

- Steps to Success: Learn how to set goals for weight loss and introduce tracking methods
- Fueling Your Body and Brain: Learn how to fuel for weight loss while maintaining performance and improving health
- Weight Loss Tracking and Trends: Learn the basics of using a tracker for weight loss and address popular diets, energy drinks, and supplements
- Power Up! Physical Activity: Learn how to implement effective exercise to promote weight loss and reach personal goals
- Psychology of Weight Loss: Identify psychological strategies that remove barriers and assist in creating new, healthier habits
- Creating Supportive Environments: Explore the many environments that impact food and activity choices
- Stress Management and Relaxation: Explain how stress and lack of sleep impact weight and explore stress management strategies
- Preparing for the Future: Identify and review skills to maintain goals and behavior change for six months and beyond by reaffirming commitment

Steps to Success (introductory online)

Fueling Your Body and Brain (in-person)

Weight Loss Tracking and Trends (in-person)

Power Up! Physical Activity (in-person)



Slide 6 - ShipShape Program Participant Study Guide

The ShipShape Program Participant Study Guide provides all the instructions, tools, and resources you need to successfully complete the program and follow-up phase. It will keep you organized and on task.

I'll run through each of these quickly.

ShipShape Program Passport

- What is it: A quick and easy way for you to track your attendance at each session.
- What do you do: Print the passport and bring it to every in-person session so that the facilitator can mark-off the appropriate session as complete.

Session Snapshots

- What is it: A one-pager on each session that includes a brief overview of the session's goals and the Take Home Action Plan to enforce behavior change.
- What do you do: Use the Session Snapshots to preview and review each session.-- Preview: Before attending each session - Look over the goals to get a better understanding of the topic that will be discussed during that session.
- Review: After attending each session – Complete the Take Home Action Plan and follow-up with the facilitator BEFORE attending your next session.

Handouts

- What is it: Fact sheets, tests, questionnaires, etc. that will be referenced, reviewed, or worked on during each session.
- What do you do: Print the appropriate handouts and bring them with you to the in-person sessions.

Post-session follow-up

- What is it: After each session, you will complete the Take Home Action Plan and any other activity, handout, test, etc. related to that session.
- What do you do: You are responsible for reaching out to the facilitator to review the post-session follow-up BEFORE attending your next session.

Post-program follow-up

- What is it: After successfully completing the ShipShape Program, you will enter a six-month follow-up phase.

- What do you do: You are responsible for following-up with the facilitator every month for six-months to receive ongoing support and to monitor your progress.

A presentation slide titled "Are You Ready to Make a Change?". The slide features a list of three bullet points: "Do your attitudes and behaviors equip you for a weight loss program?", "Take the [Weight Loss Readiness Test II](#)", and "Tally your score and review your results". To the right of the text is a photograph of a smiling woman in a light blue tank top, holding a green apple and a blue water bottle. Above her head are several playing cards. The slide has a teal footer with the text "Horry and Maithe Corps Public Health Center" and "Slide 55cpInfoCurrentSlide55 of 55cpInfoSlideCourse55".

Are You Ready to Make a Change?

- Do your attitudes and behaviors equip you for a weight loss program?
- Take the [Weight Loss Readiness Test II](#)
- Tally your score and review your results

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Slide 7 - Are You Ready to Make a Change?

Audio: Narration drawn from content (see content below)

Suggested time: 1 min.

Now that you have a better understanding of the ShipShape Program, it is important to determine if you're ready to make the behavior changes necessary to live a healthier lifestyle.

I want you to stop the webinar after you print the Weight Loss Readiness Test II. Take some time to answer the questions and tally your results. (The test can also be found in the Participant Study Guide.)

When you return, we will briefly review the test on the next slide.

You'll review of your individual test results in more detail with the facilitator as part of your post-session follow-up. Please take the test now.

Do your attitudes and behaviors equip you for a weight loss program?

Take the Weight Loss Readiness Test II

Tally your score and review your results

Weight Loss Readiness Test II Review

Scoring	
Category 1	Motivation
Category 2	Expectations
Category 3	Confidence
Category 4	Hunger & Eating Cues
Category 5	Binge Eating & Purging
Category 6	Emotional Eating

Category 1 - Motivation

Q was asked:
Q to 6: This test will be a great tool for you to assess a weight loss program. Understanding your expectations for weight loss is important. You should understand your expectations before undertaking a weight loss program.

F to 16: If you are able to bring weight loss goals to mind, you are more likely to succeed. You should understand your expectations before undertaking a weight loss program.

11 to 20: The path to lose weight is related to your expectations.

Category 2 - Expectations

Q was asked:
Q to 8: Your expectations for weight loss are unrealistic. You are not realistic about what you can expect. You should understand your expectations before undertaking a weight loss program.

6 to 11: Your expectations are too high. You are not realistic about what you can expect. You should understand your expectations before undertaking a weight loss program.

12 to 16: Your expectations are right on target.

Category 3 - Confidence

Q was asked:
Q to 12: This test will be a great tool for you to assess a weight loss program. You should understand your expectations before undertaking a weight loss program.

13 to 25: You are too confident in your ability to change your eating habits.

24 to 32: Your confidence in your ability to change your eating habits is strong.

Category 4 - Hunger and Eating Cues

Q was asked:
Q to 5: You expect to eat a meal every 3-4 hours. You should understand your expectations before undertaking a weight loss program.

8 to 9: You expect to eat a meal every 3-4 hours. You should understand your expectations before undertaking a weight loss program.

8 to 9: You expect to eat a meal every 3-4 hours. You should understand your expectations before undertaking a weight loss program.

7 to 12: You expect to eat a meal every 3-4 hours. You should understand your expectations before undertaking a weight loss program.

Category 5 - Binge Eating and Purging

Q was asked:
Q to 5: You expect to eat a meal every 3-4 hours. You should understand your expectations before undertaking a weight loss program.

8 to 9: You expect to eat a meal every 3-4 hours. You should understand your expectations before undertaking a weight loss program.

8 to 9: You expect to eat a meal every 3-4 hours. You should understand your expectations before undertaking a weight loss program.

7 to 12: You expect to eat a meal every 3-4 hours. You should understand your expectations before undertaking a weight loss program.

Category 6 - Emotional Eating

Q was asked:
Q to 5: You expect to eat a meal every 3-4 hours. You should understand your expectations before undertaking a weight loss program.

8 to 9: You expect to eat a meal every 3-4 hours. You should understand your expectations before undertaking a weight loss program.

8 to 9: You expect to eat a meal every 3-4 hours. You should understand your expectations before undertaking a weight loss program.

7 to 12: You expect to eat a meal every 3-4 hours. You should understand your expectations before undertaking a weight loss program.

Slide 8 - Weight Loss Readiness Test II Review

Audio: Narration drawn from content (see content below)

Suggested time: 2 min.

I'll just take a moment to briefly address each category. Keep in mind that you'll be reviewing your results in more detail with the facilitator during your post-session follow-up.

1. Motivation: One of the best ways to increase motivation is to empower yourself. The ShipShape Program will do just that by providing you with the tools and techniques for permanent lifestyle change.
2. Expectations: You will set goals for yourself following a discussion on setting realistic expectations.
3. Confidence: If you struggle with low confidence, remember that small successes will lead to gradual improvements in confidence.
4. Hunger and Eating Cues: These can be helpful in figuring out why you may be overeating or making high calorie choices or both.
5. Binge Eating and Purging: These are serious conditions. If you struggle with binge eating or purging, I strongly urge you to consult with a health care professional and/or registered dietitian, as further evaluation and follow-up may be required.
6. Emotional Eating: Often times our emotions play a role in what foods we choose and how much we eat. For example, you may crave sweet or salty snacks or ice cream when you're depressed or sad. This behavior is important for you to recognize so that you can successfully control or improve your eating habits.



Slide 9 - National Obesity Trends

Audio: Narration drawn from content (see content below).

Suggested time: 2 min.

You may have seen this map, or others like it, from the Centers of Disease Control and Prevention. It's a series of maps that provide a great visual depiction of our national obesity trends.

BMI is a measure of body fat based on height and weight. It is a fairly reliable indicator of body fatness for most people. BMI categories are as follows:

Below 18.5-Underweight

18.5 – 24.9-Normal

25.0 – 29.9-Overweight

30.0 and Above-Obese

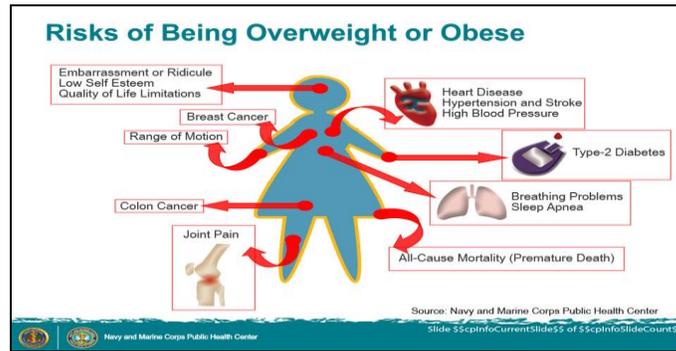
The map on this slide shows the prevalence of self-reported obesity among adults in the U.S. in 2013. We'll compare this to the most recent data for 2014 on the next slide.

Just to give you some perspective, in the 1990's, this map had many states with 10-14% obesity. Now, no state has that low of a percentage. Being overweight and obese is an American epidemic. You are not alone in fighting the battle to manage a healthy weight. Sedentary lifestyles, the average American diet loaded with high fat/high sugar foods, and easy access to these unhealthy foods are three of the challenges faced by every American who strives for a healthy weight and overall health.

Reference: <http://www.cdc.gov/obesity/data/prevalence-maps.html>

Source: Behavioral Risk Factor Surveillance Systems, 2014, CDC

Source: Behavioral Risk Factor Surveillance Systems, 2013, CDC



Slide 10 - Risks of Being Overweight or Obese

Audio: Narration drawn from content (see content below).

Suggested time: 3-4 min.

Heart Disease/Hypertension & Stroke/High Blood Pressure: Heart disease is the leading cause of death in the United States. Being overweight or obese may increase blood pressure because your heart needs to pump harder to supply blood to all your cells. Excess fat may also damage your kidneys, which help regulate blood pressure. High blood pressure is also the leading cause of strokes.

Type-2 Diabetes: More than 80 percent of people with type-2 diabetes are overweight or obese. While it isn't clear exactly what the linkage is between being overweight and developing the disease, the thought is that being overweight causes changes to your cells making them resistant to the hormone insulin. Resistance to insulin results in high blood sugar and as a result cells producing insulin have to work harder to maintain normal levels in the body, which could ultimately lead to cell failure.

Breathing problems/Sleep apnea: Being overweight is the most important risk for sleep apnea. An overweight person has more fat stored around the neck, making the airways smaller. This can lead to difficulty breathing or interruption of breathing for short periods of time.

Joint pain/osteoarthritis: Excess weight causes extra pressure on joints and cartilage causing them to wear away. Substances that cause inflammation may also be higher in overweight people.

Breast and colon cancer: While there is research showing the prevalence of several cancers in people that are overweight or obese, it is not fully understood how being overweight increases the risk. Potentially, fats cells may release hormones that affect cell growth.

Range of motion: Excess weight can inhibit mobility and flexibility.

Embarrassment or ridicule/low self-esteem/limitations: Being overweight or obese may affect people in different ways, both psychologically and socially, leading to barriers that may contribute to hesitation for change.

All-cause mortality: The compilation of complications that can be caused by being overweight/obese can ultimately lead to

Benefits and Challenges of Losing Weight

- Think about how your weight has impacted you.
- Has weight affected your lifestyle, career, or family?
- Has weight affected your social life?
- In the Note feature below, make a list of the benefits and challenges of losing weight.

Tip: Print this note or save it on your computer, tablet, or phone to reference when you need motivation or inspiration!

NOTE

The note will open with the word "Slide" in the text field. Type over the word, "Slide" (you may need to delete or backspace to begin). Your entries will not be collected as data and will delete automatically when you exit this lesson.

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Slide 11 - Benefits - Challenges Note

Audio: Narration drawn from content (see content below).

Suggested time: 2 min.

Some benefits to losing weight may be having more energy, looking good, maintaining your career in the Navy, being able to take care of your children and family, living longer, or improving your self-esteem.

Some challenges that you may face could be moving out of your comfort zone, time and energy needed to plan meals or coordinate getting to the gym, or uncertainty with trying something new.

For those of you who are active duty: fitness and a healthy body composition are conditions of employment and maybe seen as more of a benefit to you than the likelihood of developing weight-related chronic disease, such as diabetes or heart disease.

For those of you in the civilian sector: more and more large companies are incentivizing healthy behaviors and lowering health risks, such as maintaining a healthy weight, by offering a lower insurance premiums, etc. I will note that this does not apply to those covered under any TRICARE plan, but may affect those covered by other insurances.

On the slide you see a sample chart. Take a moment to jot down your own list of benefits and challenges to losing weight. Feel free to stop the webinar if you need extra time.

Naima: this could be an activity in Cp, a quiz with feedback but no score. So what I'm reading here could be the feedback. Would be cool if they got a psychological reward for participating like a fun badge/award. Maybe we could find it in Stock Images or Captivate out of the box images. Less fun but effective would be if we made going to the next page dependent on their participating.

Think about how your weight has impacted you.

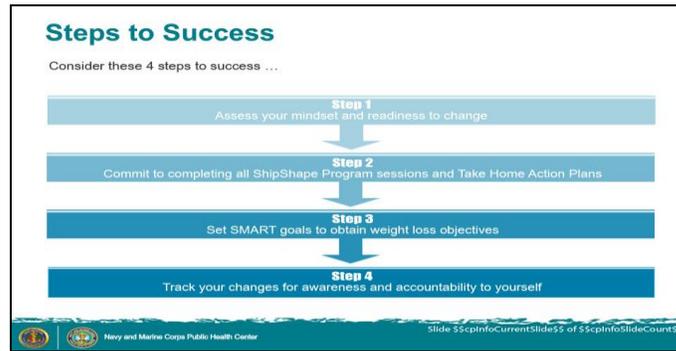
Has weight affected your lifestyle, career, or family?

Has weight affected your social life?

In the Note feature below, make a list of the benefits and challenges of losing weight.

Your entries will not be collected as data and will delete automatically when you exit this lesson.

Tip: Print this note or save it on your computer, tablet, or phone to reference when you need motivation or inspiration!



Slide 12 - Steps to Success

These are the Steps to Success.

Step 1: If you are resisting change, then you may find it difficult to be successful in this program. One of the key components, in addition to nutrition and physical activity, is your mindset. You must be focused, positive, and open to incorporating new ideas and approaches into your lifestyle.

Step 2: The ShipShape Program is a credible behavioral change program, based on research of what works for weight loss. You must be willing to commit to completing all eight sessions and explore the different resources available to you to ensure you are choosing the best methods to support your weight loss.

Step 3: Establishing goals that are realistic and achievable will go a long way in determining if you will stick with your weight loss plan. Setting short-term goals where you can see small but steady improvements can help to build confidence and motivation.

Step 4: Keeping track of your behavior changes will heighten awareness for your actions and keep you focused on the changes you are working on. When implementing changes in your life, tracking or logging will help you remember what happened throughout your day and help you identify trends in your behavior.

Step 1

Assess your mindset and readiness to change

Step 2

Commit to completing all ShipShape Program sessions and Take Home Action Plans

Step 3

Set SMART goals to obtain weight loss objectives

Step 4

Track your changes for awareness and accountability to yourself

Consider these 4 steps to success ...

Set Goals

- Fill out the [Set Your Weight Loss Goals handout](#)
- Include goals for nutrition, physical activity, and mindset
- List one goal in each area that is:

SMART

Specific — detailed in what you are doing

Measurable — make it something you can track

Action-oriented — what will you do

Realistic — in terms of time, energy, commitment

Time-oriented — benchmarks and end goal date

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Slide 13 - Set Goals

Audio: Narration drawn from content (see content below).

Visual: Animate spelling out the SMART acronym

Suggested time: 3 min.

Handout: Set Your Weight Loss Goals

Please take out the Set Your Weight Loss Goals handout, which can be found in the ShipShape Program Participant Study Guide.

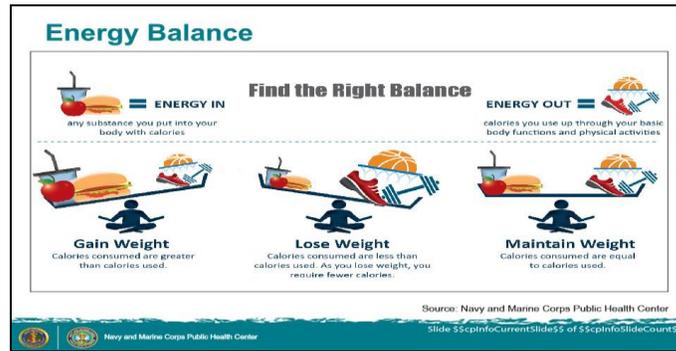
The handout is broken down into different key areas:

- Identifying your current weight
- Determining your Ideal Body Weight
- Establishing your goal weight
- Setting nutrition goals
- Setting physical activity goals
- Agreeing to track progress by weighing yourself weekly

You need to create goals that are SMART - specific, measurable, action-oriented, realistic, time-oriented. By creating goals with this format you'll be better equipped to identify if you're on track with your overall weight loss plan. If something is not working for you, then you can make adjustments accordingly.

Remember to keep a positive outlook and focus on the nutrition and physical activity changes that will lead to long-term weight change. A study conducted by the National Weight Control Registry found that of the Americans who lost at least 30 pounds and maintained the weight loss for more than a year, 89% did so with a combination of diet and exercise, only 10% were successful with diet alone, and only 1% was successful with exercise alone.

Small changes applied every day can result in long-term weight loss and choosing goals that are achievable and important to you will help you stick with them.



Slide 14 - Energy Balance

uggested time: 1 min.

The Energy Balance equation takes the mystery out of weight management. Gaining weight can be defined as when calories consumed are greater than calories used. Losing weight is when calories consumed are less than calories used. Your activity and metabolism determine how consumed calories are used up.

These are the ways to achieve weight loss.

1. Maintain Energy in and significantly increase Energy out
2. Significantly decrease Energy in and maintain Energy out
3. Moderately decrease Energy in and increase Energy out

The preferred approach is a combination of decreasing calorie consumption and increasing physical activity (option 3).

The online Calorie Calculator (on the next slide) will assist you in determining how many calories are needed for weight loss.

Source: Navy and Marine Corps Public Health Center

Methods to Calculate Calorie Needs for Weight Loss

- Simple formula:
 - Multiply your goal weight by 10 to find your estimated caloric intake
- Determine current calorie intake, then create a deficit of either 500 or 1000 calories/day to lose 1 or 2 lbs./week
- Use Calorie Calculator
 - Based on:
 - Height/weight
 - Gender
 - Physical activity level
 - Desired weight loss



<http://www.calculator.net/calorie-calculator.html>

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Slide 15 - Methods to Calculate Calorie Needs for Weight Loss

Audio: Narration drawn from content (see content below).

Suggested time: 4 min.

Here we have three methods to calculate your calorie needs for weight loss. You can use any of these methods; however, the final option is the more accurate of the three.

Option 1 is the simple formula (goal weight x 10). It can be used to get a rough estimate of calorie needs for weight loss. It is a simple calculation that provides a starting point for most people. (Reference: Alan Aragon TEE Equation)

Option 2 requires you to first determine your current caloric intake and then reduce your current calorie intake by 500-1000/day to lose 1 or 2 pounds per week. It may be necessary to adjust calories as needed to make the process more manageable.

Option 3 uses an online calorie calculator. You can click on the link here or search for Caloriecalculator.net. If you have a smart phone you can access it there too.

*Because option 3 is a more accurate estimation of calories needed for weight loss, based upon the Mifflin-St-Jour formula, it should be used no matter what program you decides to use (i.e. ChooseMyPlate SuperTracker, Navy Operation Fitness and Fueling System (NOFFS) Meal builder, or any other method or online app.)

Simple formula:

– Multiply your goal weight by 10 to find your estimated caloric intake

Determine current calorie intake, then create a deficit of either 500 or 1000 calories/day to lose 1 or 2 lbs./week

– Based on:

Height/weight

Gender

Physical activity level

Desired weight loss

<http://www.calculator.net/calorie-calculator.html>

Use Calorie Calculator

Weighing Yourself

- Weighing yourself is an easy way to track progress, but it is important to follow certain guidelines to ensure accurate results
- Suggested strategies are to:
 - Weigh yourself at a set time (preferably morning)
 - Weigh yourself once per week
 - Use the same scale
 - Track or graph your weight
- Work on the Set Your Weight Loss Goals handout

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Slide 16 - Weighing Yourself

Weighing yourself is a good way to show progress, but also may be discouraging if you do not follow certain guidelines. Practices such as weighing yourself multiple times a day and using different scales can show weight fluctuations that are not an accurate indication of your overall progress and are usually not helpful. It is important to be consistent when tracking your weight and give time for your body to adjust to changes.

- Weighing yourself in the morning after you have used the restroom will help establish a more stable baseline for weight comparisons.
- Do not fall into the trap of becoming obsessed with the scale. By increasing your physical activity, you may be reducing fat and increasing muscle, so weight loss may not be apparent, but you may find that your clothes are getting looser and you are able to workout longer and harder because of the loss of body fat and increase in muscle. Weighing yourself once a week will monitor significant fluctuations that you may need to bring to the attention of a facilitator for further guidance.
- By using the same scale, you can eliminate inconsistencies from scale variation.
- Track your weight so that you can claim small victories or identify if your weight loss plan needs modifications based off of a lack of progress.

Weighing yourself leads into the importance of tracking your daily activities for both nutrition and physical activity, so that you can more easily identify where improvements may need to be made.

Now that we have discussed the Energy Balance Equation, Calorie Calculator, and Weighing Yourself, I want you to stop the webinar. Take a few minutes to complete the Set Your Weight Loss Goals handout. Make sure to review this information with the facilitator during your follow-up BEFORE you attend your next session.

Weighing yourself is an easy way to track progress, but it is important to follow certain guidelines to ensure accurate results

Suggested strategies are to:

- Weigh yourself at a set time (preferably morning)
- Weigh yourself once per week
- Use the same scale
- Track or graph your weight

Work on the Set Your Weight Loss Goals handout

Tracking Food and Physical Activity

- Use a weekly food and physical activity tracker
 - Hard-copy Weekly Food & Activity Diary
 - Online tool (e.g. [ChooseMyPlate/SuperTracker](#))
 - Mobile application
- Establish a baseline for your food intake and physical activity
- Credible Resource List
- Weekly Food and Activity Diary

* You can find the Credible Resource List and the Weekly Food and Activity Diary through links on the Resources slide, at the end of this session.

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Slide 17 - Tracking Food and Physical Activity

Handout: Weekly Food and Activity Diary and Credible Resource List

One of the goals of this session is to raise awareness of personal behaviors. Most people are not aware of what they eat on a daily basis and how this is impacting their weight. By tracking, a baseline can be established in order to promote healthy changes. See which foods you eat often and what foods and beverages are contributing to weight gain or lack of weight loss.

There are many different options available for tracking your food intake and physical activity. If you are going to be successful with the use of a tracker, it has to be one that works well with your lifestyle and fits your references.

The Credible Resource List handout, in the Participant Study Guide, can help you choose an option that will give you the most accurate and credible results.

In addition, the Weekly Food and Activity Diary forms, are also available in the Participant Study Guide, if you decide to use a paper tracking system.

There are many online tracking tools available, including the U.S. Dept. of Agriculture's (USDA's) ChooseMyPlate/SuperTracker. The SuperTracker is a credible free resource easily accessible to you. As a note, we will discuss the SuperTracker in more detail during the Fueling Your Body and Brain session, which is an in-person group session.

- Hard-copy Weekly Food & Activity Diary
- Online tool (e.g. ChooseMyPlate/SuperTracker)
- Mobile application

Use a weekly food and physical activity tracker

Establish a baseline for your food intake and physical activity

Credible Resource List

Weekly Food and Activity Diary

You can find the Credible Resource List and the Weekly Food and Activity Diary through links on the Resources slide, at the end of this session.

*

Summary

- Assessed your readiness to change
- Discussed setting realistic goals
- Introduced logging and tracking your behavior for success
- Emphasized permanent lifestyle changes

Eat more fruits and vegetables
 Drink water or low-calorie beverages
 250 Mins
 Increase activity level to 250 minutes each week to lose weight and keep it off
 Add strength training through weight lifting or use your own weight

Source: Navy and Marine Corps Public Health Center

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Slide 18 - Summary

Audio: Narration drawn from content (see content below).

Suggested time: 1 min.

This session focused on the foundational changes necessary to promote weight loss and the strategies to accomplish your goals.

The additional sessions of the program will provide more detail in addressing the areas of healthy eating, physical activity, and mindset that will further support your weight loss efforts.

Assessed your readiness to change

Discussed setting realistic goals

Introduced logging and tracking your behavior for success

Emphasized permanent lifestyle changes

Source: Navy and Marine Corps Public Health Center

Take Home Action Plan

Nutrition

- Research, choose, and complete tracker of your choice
- Assess fridge and restock cabinets/pantry and restock with healthier foods, including fruits, vegetables, lean meats, whole grains, and low-fat or fat-free dairy

Physical Activity

- Establish a baseline for your workout plan
 - Take into consideration frequency, intensity, time, and type
 - Recommend a minimum of 150 minutes moderate intensity
- Evaluate your workout for balance to ensure it includes elements of cardio, strength training, and flexibility

Mindset

- What one step can you take that will make an impact on reaching your weight loss goals?

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Slide 19 - Take Home Action Plan

REMINDER – Take Home Action Plans are in the Participant Study Guide. Please complete the Plan and follow-up with the facilitator BEFORE attending your next session.

Let's walk through the Take Home Action Plan now.

Nutrition:

- Use the information that was presented in the session to identify a tracking method that works best for you and start tracking your food intake and physical activity.
- An excellent way to start your new habits is by cleaning out your fridge and pantry, if needed. By doing so, you are resetting one of your food environments to one of healthy choices and reducing temptations that can lead to unhealthy behaviors. Once you've clean it out, you can restock with fruits, veggies, lean meats (such as chicken or fish), whole grain breads, and low-fat or fat-free dairy (such as milk or yogurt).

Physical Activity:

- Recommended baseline minimum is 150 minutes of moderate intensity exercise. In addition to time, take into consideration the frequency, intensity, type of exercise. Also, be sure your workout is balanced – meaning it has a combination of cardio, strength training, and flexibility.

Mindset:

- “A journey of a thousand miles begins with one step.” –Lao Tzu
- How does this apply to your efforts to reach your weight loss goals? Think of one step you can take that would make an impact on reaching your goals.

In addition to the Take Home Action Plan for Steps to Success, you need to share your results from the Weight Loss Readiness Test II and the Set Your Weight Loss Goals handout with your facilitator during your post-session follow. This is a critical part of step one of Steps for Success, which is to assess your mindset and readiness to change.

REMINDER – Please bring the appropriate handouts, found in the Participant Study Guide, to your next session as well.

Finally, thank you for your interest in the ShipShape Program. We look forward to assisting you in your weight loss journey.

Physical Activity

Establish a baseline for your workout plan

- Take into consideration frequency, intensity, time, and type
- Recommend a minimum of 150 minutes moderate intensity

Evaluate your workout for balance to ensure it includes elements of cardio, strength training, and flexibility

Mindset

What one step can you take that will make an impact on reaching your weight loss goals?

Nutrition



Resources*

- [NMCPHC ShipShape Program Website](#)
- [ChooseMyPlate](#)
- [SuperTracker](#)
- [Navy Operational Fitness and Fueling System](#)
- [Calorie Calculator](#)

* Resources for participants can be found on the NMCPHC ShipShape Program Web page, on the Participants subpage. (<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/ShipShape-Part.aspx>)

Congratulations on taking your first steps to success!
To exit Steps for Success, click the Exit (X) button.

Don't forget to reach out to your facilitator to follow-up on the Take Home Action Plan, Weight Loss Readiness Test II, and the Set Your Weight Loss Goals handout.

Navy and Marine Corps Public Health Center

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Slide 20 - Resources*

Audio: Narration drawn from content (see content below).

Links to the resources listed on the slide are available on the NMCPHC ShipShape Program Web page on the Participants subpage at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/ShipShape-Part.aspx>.

NMCPHC ShipShape Program Website

ChooseMyPlate

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