

Masterclass

Sharing experiences and challenges of weight maintenance following weight loss will be explored at this session. We will identify strategies to maintain lifestyle and diet changes that can help maintain your weight loss in the long term. A seasonal topic to implement successful weight loss maintenance strategies is explored, and includes BBQs and buffets, holiday eating/activities, eating on a budget and relapse prevention.

If you have any questions, don't hesitate to contact our team. We're happy to help where possible.

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Strategies to succeed at permanent weight loss

1. Enlist support

Ask for reinforcement from a family member, co-worker or friend, be it offering encouragement, preparing healthy meals or joining you at the gym. If you're motivated by meeting with people trying to achieve a similar goal, consider joining a support group such as Weight Watchers or Rosemary Conley.

2. Be consistent and plan ahead

Stick to your eating plan on weekends. Research shows that people who don't give themselves a day or two off to cheat are 1.5 times more likely to keep the pounds off. Once you start giving yourself a few breaks on the weekend, you're more likely to ease off during the week. Eventually the breaks accumulate and show up on the bathroom scale.

3. Weigh yourself

Frequent weight monitoring is a critical factor in maintaining weight loss. The National Weight Control Registry (NWCR), an ongoing study tracking the habits of more than 5,000 people who have lost weight and kept it off, reports that 75% of participants weigh themselves on a weekly basis.

Frequent weighing provides an early warning system and allows you to correct small increases quickly.

4. Limit screen time

Spend a minimal amount of time in front of the television. In the NWCR, most participants report watching less than 10 hours of TV per week. Try going for a walk or dancing to your favourite music instead.

5. Exercise regularly

99% of successful maintainers in the NWCR report getting one hour of scheduled exercise each day, often brisk walking. Other research has found that participating in a walking programme – combined with nutrition counselling – lowers the odds of regaining weight.

6. Deal with lapses

The key to long-term weight maintenance is nipping small weight gains in the bud. If a few pounds creep back on, take action to lose them. Keep a food diary for a few weeks, reduce your food portions, or add an extra workout.

4 steps to maintain your weight

Losing weight can be a challenge, but for some the difficult part is sticking to your new eating patterns and active lifestyle.

Try these four steps to maintaining your current weight, without undoing all the hard work you've done so far.

1. Balanced, healthy meals

To fill you up, to give you more nutrients, to improve your heart health, e.g., the carbohydrate restricted, heart healthy Mediterranean dietary approach.

2. Be physically active for at least 1 hour every day

To use up calories, to increase your metabolic rate, to improve your fitness, to protect against muscle loss, to improve your mood.

3. Regular eating – including breakfast

For constant energy, to prevent excessive hunger and binging.

4. Monitor your weight and your meal choices

To stay aware of what you are doing, to 'nip it in the bud' if you do gain weight, to be able to plan and set goals for yourself.

How are you going to do these steps? Write your ideas in each box:

Healthy balanced eating	Be as active as possible every day
<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>

Regular eating – including breakfast	Monitor your weight and your meal choices
<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>

What might make it difficult e.g. other people, places, situations?

What can you do to overcome these difficulties?

How will you reward yourself?

Setting goals

Remember your goals should be SMART. For example, I will try to self-monitor my food choices every day by:

Specific: I will use a notebook (or app) to write down what I eat & drink

Measurable: I will be able to see what I have eaten each day

Achievable: My notebook will be able to fit in my bag, and I can take it wherever I go

Relevant: It will mean that I am aware of what I am eating and drinking so that I can make changes to help me maintain my weight

Time specific: I will try to do it every day, whenever I eat or drink anything

If you gain more than 4 pounds

- Think about why – look at your diary for clues
- Deal with the weight gain – what worked before?
- Consider why habits have changed
- Think of some solutions and decide which to use

Weight Management and Maintenance Review

Weight: <input type="checkbox"/> Up <input type="checkbox"/> Down <input type="checkbox"/> Maintained	Date:	
List all your achievements over the past week. Remember to give yourself credit for everything that has gone well, not just weight loss or maintenance:		
Quick checklist – the toolbox	Using	Not using
Eating mindfully	<input type="checkbox"/>	<input type="checkbox"/>
Watch portion size	<input type="checkbox"/>	<input type="checkbox"/>
Plan meals and snacks	<input type="checkbox"/>	<input type="checkbox"/>
Set goals and self-monitor	<input type="checkbox"/>	<input type="checkbox"/>
Eat regularly and healthily	<input type="checkbox"/>	<input type="checkbox"/>
Think positively	<input type="checkbox"/>	<input type="checkbox"/>
Manage emotions	<input type="checkbox"/>	<input type="checkbox"/>
Handle plateaus	<input type="checkbox"/>	<input type="checkbox"/>
Problem solve	<input type="checkbox"/>	<input type="checkbox"/>
Seek support	<input type="checkbox"/>	<input type="checkbox"/>
Increase exercise	<input type="checkbox"/>	<input type="checkbox"/>
What has been more challenging for you? Is there anything you used to do and have stopped doing?		
Weekly log Use this space for any specific information you record regularly e.g. exercise	Set yourself two specific and realistic goals for the next week: 1. 2.	

How do I maintain my target weight?

Research studies show there are several factors that help people to be successful at maintaining their weight loss.

Focusing on the following strategies can help you to be successful: -

Self-Monitoring behaviours

1. Weigh yourself regularly i.e. every 1-2 weeks
2. Track calories and fat - check food labels; use a food diary again if necessary
3. Plan meals and menus i.e. write a shopping list, cook in bulk, try healthy recipes etc.
4. Be aware of portion sizes/measure the amount of food on your plate
5. Eat most of your meals at home to limit eating out
6. Eat healthily 80-90% of the time and enjoy treats 10-20% of the time

Physical Activity

1. Exercise 30 minutes or more per day
2. Include recreational activity into your daily schedule i.e. walking
3. Add resistance exercises/weight training to your workout twice weekly (check with your doctor first)
4. Reduce sedentary activities i.e. less TV watching
5. Set exercise goals such as training to run 5km race or take up a new sport

Other things may also influence your success, such as:

- Have good social support i.e. from family and friends
- Prioritise your health and remember the reasons why you lost weight in the first place
- Stay motivated to keep the weight off. Avoid making excuses.

Remember what you have learnt and use this to focus on weight maintenance over the next few months and beyond. Continue to always be mindful and identify if you do begin to slip back into old habits. If you do have a slip up, do not let it be the end of the world – get back on track at your next meal. The key is to act quickly and refocus your efforts using the above advice.

We wish you all the best with maintaining your weight and continuing to live a healthy lifestyle.

Masterclass Summary Cooking and Keeping Healthy on a Budget

Here are some tips to help you to eat healthily on a budget.

Planning

Keep a list of your favourite recipes so that you're not stuck for inspiration

Plan your meals before you go shopping so that you can mix and match ingredients to avoid wasting leftovers. Be realistic about what you will want to cook and eat.

Plan to use fruits and vegetables that are in season, as these tend to be cheaper.

Choose high fibre carbohydrate such as wholegrain pasta, rice, oats, bread or potatoes as these tend to be both filling and cheap. Ensure your meal has a good quality protein component.

Make a list to help you avoid impulse buys

Use the “No choice” rule to avoid unplanned snacks

Take a packed lunch to work as this could save an estimated £60-100 (2024 figures) a month

Shopping

Shop regularly so that fresh food doesn't go to waste.

Buy less pre-prepared food – ready meals, biscuits, sweets and pre-chopped vegetables and fruits can all bump up the cost of your shopping.

Avoid temptation – only visit the aisles you need to and don't go shopping when you're tired and hungry.

Look out for special offers – but only on healthy foods that are on your plan. Try to stick to non-perishable or freezable foods.

Compare prices between branded foods, own-brand foods and local markets.

Preparing and storing

Cook the right amount for either a single meal or prepare meals in bulk and freeze extra portions. The “love food hate waste portion planner” helps you decide how much to cook:

[Food Portion Calculator | Love Food Hate Waste](#)

Regularly rotate your store cupboard so that older produce is used up first.

Label leftovers so that you know when they should be eaten by. Most food can be kept in the fridge for two to three days.

Making meals at home rather than opting for a ready meal or takeaway is often cheaper and healthier e.g. an average ready meal lasagne can cost £4.50 whereas a bolognese pasta bake can be made for £1.25 per portion.

Make the meat go further by adding extra vegetables or pulses e.g. mushrooms and grated carrot in a bolognese or chickpeas and red peppers to a chilli.

Frozen, dried and canned fruit and vegetables count towards your 5-a-day and have a much longer shelf life.

Canned fish provides you with omega 3 fats e.g. mackerel and salmon. Go for the ones in spring water or tomato sauce rather than brine or olive oil.

Preserve and store excess fresh fruit and vegetables e.g. blanche vegetables in boiling water for one minute, run under cold water, pack in an airtight bag and then freeze.

Make use of cheaper cuts of meat by cooking them slowly or using a marinade to tenderise them. Boil up the chicken carcass to remove all the meat.

Save energy whilst cooking e.g. by using pan lids and not over filling the kettle. The Energy Saving Trust has a list of tips that may help: [Your top five tips to save energy in the kitchen - Energy Saving Trust](#)

Further tips and recipes

- World Cancer Research Fund: Budget Bites, Healthy Eating on a Shoestring [Budget bites](#)
- NHS Choices: Eat well on a budget [Healthier Families - Home - NHS](#)
- British Heart Foundation: Healthy Eating on a budget [7 days of healthy meals on a budget - Heart Matters magazine - BHF](#)

Tips to increase your steps

1. Take a walking break instead of a sitting break.
2. Use the stairs instead of the lift or escalator.

3. Park in the further space from your work entrance.
4. Walk instead of driving, if your distance is short.
5. Get off/on the bus a stop earlier/later.
6. Walk your dog instead of just letting it out.
7. Have a meeting while walking instead of just sitting in the office.
8. Instead of emailing or phoning a colleague, walk to their desk.
9. Walk your children to and from school.
10. Take things upstairs or downstairs immediately; don't save trips by piling things at the top or bottom of the stairs so you only have to make one trip.
11. Park in the space furthest away from the supermarket entrance.
12. Walk while you are on your mobile phone.
13. Change the channel of your TV without using the remote.
14. Join a friend who walks their dog.
15. Walk down every supermarket aisle, whether you need to or not.
16. Get up from your chair and take a 3-5 minute walk every hour.
17. Aim to walk around during the TV ad breaks.
18. Walk to the photocopy machine or post-box, 1 document/letter at a time, instead of allowing them to accumulate and do 1 trip.
19. Use the furthest entrance from your work area and walk through the building.
20. Don't stand around when waiting for the bus, train, elevator, for example, pace up and down or around in circles instead.

21. Circle the room when waiting for meetings to start.
22. Use the bathroom, copy machine, water fountain, for example, that is furthest from your work area.
23. When doing errands, park in a central location and walk to your store destinations.
24. Return the shopping cart all the way into the store after grocery shopping.
25. Climb an extra flight every time you use the stairs. For example, if you are going from the 1st to 2nd floor, climb up the extra flight to the 3rd floor and go back down the stairs.

Outsmart Overeating and Holiday Weight Gain

Holidays and celebrations, from office parties, family dinners and social functions, make it seem impossible to not gain weight. For many, holiday weight gain is the one “gift” they really want to return after the season is over.

The goal is to get through the eating season without gaining an ounce, with the help of these seven strategies devised by dietitians.

1. Limit or No Alcohol

It's hard not to drink when everyone else is, but alcohol ups your appetite, makes food seem more appealing and decreases your resolve to eat well. Not to mention the empty calories in alcohol: A regular beer has 150 calories; light beer, 100; a glass of wine, 120; a shot of alcohol, 100. Spiked eggnog has 300 calories, and most cocktails are 250-300 calories. If not drinking makes you feel like a party pooper, go for calorie-poor options like a half-shot of distilled spirits mixed with a calorie-free beverage or a wine spritzer.

2. BYOD = Bring Your Own Dish

Bring a healthy dish to share at a holiday dinner. Most people will bring a bottle of wine or desserts, so why not bring a veggie crudité and a trio of healthy dips, a lighter cranberry sauce or a large fresh fruit salad topped with mint leaves.

3. Keep Problem Foods Out of Your Home

Keep ‘trigger foods’ out of the house. Out of sight, out of mind, out of mouth. Studies consistently show we'll eat more if those foods we love so much are visible and readily available. If you can't control yourself with homemade baked goods in the house, then don't bake or buy them or let someone else bring them.

4. Honour Your Hunger

Eat when you're hungry and stop when you're full, and you don't overeat.

Eat in a well-balanced way most of the time and then allow yourself to eat what you want at the big holiday meals while following your hunger fullness cues.

Use the Hunger Scale over the holidays to help you keep on track.

5. Say Thanks, but no Thanks

Just because food is offered, doesn't mean you have to eat it. Even if you're attending an expensive five-star restaurant, it doesn't mean you have to eat until you feel sick.

6. Get Some Exercise Every Day

Don't put your health on hold by saying there's 'not enough time.' On the days that you exercise, you'll eat better. Exercise releases "feel good" chemicals in your brain, and if you don't get this chemical release through exercise, you'll reach for food to release such chemicals (i.e. high fat and refined carbohydrates).

7. Move up the festivities

This may not be for everyone, but it can work. Plan your holiday dinners earlier in the evening or late afternoon. You'll find there is less time spent on loading up on appetizers and cocktails before dinner and it is a way that people seem to combine lunch and dinner into one larger meal. Guests also seem happy to be able to get home at a decent hour too.

Buffet & barbeques

If you only go to buffets or barbeques very occasionally then the best plan may be to plan to simply enjoy it. However, if they come up regularly then they can make managing your weight more difficult.

This leaflet gives you some useful tips on how to make lower-calorie choices – you can still enjoy eating out and lose weight.

Try to make sure that you don't overeat... remember how much you would normally eat for lunch or dinner.

- Don't be absolutely starving before you go

The Hunger Scale

1.	You're so hungry you'll eat anything
2.	You can't ignore your hunger and everything looks and sounds good to eat
3.	Your stomach is growling and you have hunger pangs
4.	You can feel you're getting hungry and it's time to think about what to eat
5.	You're neither hungry nor full
6.	Just right; you're satisfied but could easily eat more
7.	Totally satisfied; hunger is gone and you won't be hungry for hours
8.	You're full and don't want anything else to eat
9.	You feel stuffed and uncomfortable
10.	You're painfully full and may even feel sick

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 **Assess your hunger and fullness before, during and after your meals and snacks. Try to stay within the shaded areas (numbers 4-7) to help keep portions and calories in check.**

- Plan what you are going to eat in advance – fill your plate just once
- Choose smaller portions and if possible, choose a smaller plate/glass
- Try not to stand/sit too near the food table
- Take your time and enjoy your meal, company and surroundings
- Chew your food well
- Finish each mouthful before taking another bite
- Don't feel bad for leaving food
- Take one or two short breaks from eating
- Practice how to say no to persistent friends
- Aim to be the last person to finish

Try to choose healthier foods... before putting it on your plate consider whether you really need it.

- Where possible remember the portion plate:
- half a plate of vegetables or salad e.g. carrot sticks, vegetables kebabs, cherry tomatoes (choose a fat free dressing if possible)
- quarter of the plate can be protein, meat or fish... go for lean meat, take the skin or fat off if possible - barbecuing is similar to grilling so can be a healthy choice
- quarter of the plate can be starchy foods such as bread, rice or couscous salad or jacket potato (steer clear of mayo-based potato salad)
- Choose lower fat foods... minimise pastry, fried foods, mayonnaise (coleslaw & potato salad), fatty meat & skin, foods in batter
- Be careful with the extras (e.g. chips & dips, crisps, onion rings, garlic bread, cheese, relish etc.). Many dips are high in calories... choose yogurt or tomato-based dips, ketchup, chilli or sweet corn relish rather than mayo
- Sorbets and fruit desserts tend to be healthier choices for dessert
- Choose low calorie drink options
- Dilute wine with soda water or choose long drinks made with low-calorie mixers
- Alternate alcoholic drinks with low-calorie drinks
- Drink water alongside your alcoholic drink

Festive Fun to Keep Weight Off

Snacks

- 1 mince pie (205kcal) – **60 mins ballroom dancing**
- 1 gingerbread man (105kcal) – **15 mins ice-skating**

Christmas dinner

- 3 slices of roast turkey (120kcal) – **30 mins cleaning**
- 120g roast potatoes (170kcal) – **50 mins bowling**

Puddings

- 75g Christmas cake (260kcal) – **55 mins water aerobics**

Drinks

- 1 pint (568ml) of beer (180kcal) – **40 mins slow cycling**
- 1 average glass (125ml) wine (85kcal) – **30 mins walking**
- 1 measure (25ml) Baileys (90kcal) – **20 mins Tai Chi**

But above all.....Enjoy it!

*All exercise based on 11 stone/69kg person



Relapse Action Plan (RAP)

List below three warning signs that would indicate to you that you are relapsing. Decide on an action that each warning sign will trigger.

Warning sign number 1:

When this happens, it will trigger me to:

Warning sign number 2:

When this happens, it will trigger me to:

Warning sign number 3:

When this happens, it will trigger me to:

These are activities that I enjoy that make me feel better: