

Follow-up Long Term Strategies

Session Ten

WOW! Look how far you've come!

This is your final session before you either decide to set out on your own or to continue working with your Nutritional Coach. Whichever the case, it is time again to measure your progress. However, this time, both your beginning measurements and reassessment measurements will be compared with those taken today. Your Fitness Professional uses these assessments (along with other tools) to make the appropriate adjustments to your individualized Five Components so you don't have to.

Like before, the way for you to measure progress is to evaluate yourself and your Fitness Professional on the Five Components using a scale of 1 (least) to 5 (best). This is in the areas of knowledge and compliance. For example, if you are confident of your understanding of Component One (Food Intake), you may rate yourself a 4. However, if you haven't been eating within your allotted calorie amounts, you would likely only rate yourself a 2 in the area of compliance. This self-evaluation is beneficial for you as well as your Fitness Professional, since you both are working as a team to accomplish your goals.

How Do You Rate?

1 equals least and 5 equals best

Component 1: Food Intake

Knowledge 1 2 3 4 5

Compliance 1 2 3 4 5

This is *why* I rated myself the way I did:

This is *what* I want to improve upon:

This is *how* I plan to do it:

Component 2: Cardio

Knowledge 1 2 3 4 5

Compliance 1 2 3 4 5

This is *why* I rated myself the way I did:

This is *what* I want to improve upon:

This is *how* I plan to do it:

Component 3: Dietary Support

Knowledge 1 2 3 4 5

Compliance 1 2 3 4 5

This is *why* I rated myself the way I did:

This is *what* I want to improve upon:

This is *how* I plan to do it:

Component 4: Resistance Training

Knowledge 1 2 3 4 5

Compliance 1 2 3 4 5

This is *why* I rated myself the way I did:

This is *what* I want to improve upon:

This is *how* I plan to do it:

Component 5: Personal Assistance

Knowledge 1 2 3 4 5

Communication: 1 2 3 4 5

This is *why* I rated my Fitness Professional the way I did:

This is *what* I think he/she can improve:

This is *how* I think he/she can do it:

Make Maintenance Success a Reality

To maintain your fitness goals (or any goal, for that matter), you must develop a set of skills that will help you to continue to succeed. Some of the skills that will help you live your way to a fit and healthier body is:

- **Patience.** Take things one step at a time. Give up one of your "downfall" foods at a time, for example, not all of them at once.
- **Accountability.** Rely on a support group, friends, or even a therapist to whom you have to report.
- **Self-control.** Realize that every time you resist successfully, you're developing self-control. Congratulate yourself each time you do this.
- **Goal-setting.** Think in terms of small goals. You don't need to lose 60 pounds; all you need to lose is one pound next week. Each small goal you achieve will reinforce your motivation and set you up for success.
- **Journaling.** Keep a written account of your actions, your thoughts, and your feelings, as well as what you eat.
- **Assertiveness.** Learn to say no. Ask yourself, "Is this going to get me closer to my goal or further away?"
- **Help yourself stay motivated.** Make a list of all the benefits you have at your current weight and/or why you don't want to gain any more weight. For example: My knees no longer hurt when I walk, all the clothes in my closet fit me, I like how I look and feel. Remind yourself of these benefits/reasons on a regular basis

Maintaining your new body begins in your brain. Visualize who you want to be. Then decide what you have to do to get there.

Over the course of your life, there will be times when your weight goes up instead of down, when you eat things that you know you probably shouldn't, when you feel weak and depressed, and when it seems like you've really messed up your diet. There is just one thing to do when that happens: **Don't give up.** One step backward changes neither you nor the facts about weight loss. So get right back up and do it again!

"Fall seven times, stand up eight." -
Japanese proverb