



# **MAKING CHANGES – WHY WEIGHT?**

## **PARTICIPANT MANUAL**

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## SECTION 1:

# The 'Why' & 'What' of this program

### Aims of this program

There are many people who are of above average weight. In fact, research suggests that approximately 60% of Australians fall into this category. Despite most people being aware of the significant health risks associated with excessive weight (e.g. heart disease, diabetes, high blood pressure and cancer), studies show that those who are of above average weight unfortunately continue to put on weight in the long term.

This program is aimed at helping you to achieve realistic weight loss goals, and most importantly to maintain those changes in the long term. With its focus on realistic weight management and long-term maintenance it is different from many other programs. In addition, it also aims to help you think about your whole life (not just diet or exercise for example), and to help you feel good about yourself. We hope that this program will offer you a way of avoiding being trapped in a yo-yo cycle of weight loss and weight gain, which can be unhealthy and very demoralising!

### Specific Treatment Aims:

- Identifying and overcoming obstacles to weight loss
- Understanding nutrition and developing a healthy eating plan
- Increasing healthy activity and fitness
- Decreasing sedentary activity (e.g. too much TV / video viewing and computer games)
- Enjoying your body and appearance
- Improving health
- Maintaining your weight and lifestyle changes

### Who is this program designed for?

This program is for people who are of above average weight. There are different ways of classifying overweight people including one system based on a BMI (Body Mass Index) of 25 or more (this will be discussed in more detail later in the program).

This program may not be suitable for all people, for a variety of reasons. The research has identified particular factors that suggest which people may not benefit from such a program. These factors include:

- A history of very problematic binge eating and purging (eg. vomiting or using laxatives) behaviour
- Alcohol and/or substance abuse (e.g. binges) and dependence (e.g. need to have some every day)
- Quitting cigarette smokers (due to weight gain after stopping smoking)
- Pregnancy
- Terminal illness
- Medical or psychiatric illness that is unstable
- Major Depression

If you feel that any of these factors are relevant to you, please contact the team at Making Changes and we can help you determine the most appropriate treatment options for you.

## Will anyone else be involved in my program?

Some people feel they would like extra help with their physical activity program, monitoring their medical progress or planning their menus. If this is the case please contact us via e-mail at [info@makingchanges.com.au](mailto:info@makingchanges.com.au) and we may be able to recommend the involvement of other professionals (e.g. GP, dietitian, personal trainer).

Rarely, participation in a weight program can have unintended side effects such as people becoming too concerned about dieting or starting to binge eat or vomit and use laxatives. If you find yourself starting to engage in any of these unsafe behaviours please contact us immediately (via e-mail at [info@makingchanges.com.au](mailto:info@makingchanges.com.au).)

# PROGRAM OVERVIEW

SECTION		DESCRIPTION
<b>Part 1: Achieving weight loss</b>		
1	<b>Program overview and information</b>	Description of the program. Distinction between weight loss and maintenance of weight lost. Keeping a food diary and counting kilojoules. Developing a weight log – charting your progress. Decreasing your energy intake. Sample meal plans.
2	<b>Obstacles to weight loss</b>	Understand what affects your eating. Common obstacles to weight loss. Solutions.
3	<b>Eating Well</b>	Learning about different food groups, standard nutritional requirements, vitamin supplements, water consumption.
4	<b>Activity and exercise</b>	Understanding the influence of modernisation and cultural changes. Increasing lifestyle activity. Physical activity schedules. Goal setting.
<b>Part 2: Obstacles to accepting the goal of weight maintenance</b>		
5	<b>Body image</b>	What is body image? How does body image develop? Keeping a body image diary. Enjoying your body. Changing how you think about your body.
6	<b>Self-esteem and assertiveness</b>	Improving relationships with others. Building self-esteem. Standing up for myself – assertiveness skills.
7	<b>Weight goals</b>	Why review my weight loss and primary goals? Five steps to reviewing your goals. Revisiting your primary goals.
8	<b>Maintenance</b>	Continue eating well and maintain a healthy activity level. Establish a target weight range. Graphing weight over time. Significant weight change versus trivial fluctuations. Taking corrective action. Planning for high-risk situations and behaviours. What have I learned so far? Dealing with setbacks.