

Topics to be covered

- Shortcomings of dieting
- Body Image
- Why do people diet?
- Role of family
- Balance of lifestyle
- Facts & Myths
- Body Composition
- Concepts of program

References

- *You Count, Calories Don't*
- Introduction, Part 1,2 & 4 (part regarding breakfast on Pages 97-101)
- Affirmation tapes: Tape 1, side 1, 1st half Sample Lesson 1 Audio-tape

Lesson Delivery Resources

- Bell
- Attendance sheet
- Movie Star Examples.....Resource 1-1
- Body Shape Chart
from page 62 of *You Count Calories Don't*Resource 1-2
- Scenario of JohnResource 1-3
- Connecting circles diagram for reproduction
on white boardResource 1-5
- Framingham Study - p 61 of bookResource 1-6
- HUGS Healthy Living Cycle,
p 55 *You Count Calories Don't*Resource 1-7

Handout Booklet Section 1

- Diet Mentality Bells: having fun with diet talk
- Diet Mentality Bells
- Measure of health
- Home practice session
-

Home Practice Session Guidance

Attitude

Reinforce: Throw Scales Away.

Positive Affirmation to encourage self acceptance

Healthy, Enjoyable Eating

Discuss importance of eating regularly starting with breakfast as per Chapter 4 in book. Refer specifically to revving up your metabolism and getting it going. Eating regularly decreases the incidence of “hanging on the fridge door” (the starve/binge cycle)

Activity

Ask class to begin to do an activity that they enjoy.
Start gradually, putting the focus on fun.

Lesson 1
Setting the Stage

Purpose

To set the stage for the participant by encouraging an understanding, by both the participant and their family, of the causes and effects of dieting and an appreciation of the HUGS plan for better health.

Objectives

1. To explore why people diet
2. To explore the effects of dieting
3. To discuss the HUGS plan for better health

It takes time to change our thinking and our language to the new non-diet way. At times you will notice yourself and the participants slipping into the old, familiar phrases that keep diet thinking alive. Here is a bright idea shared by Pat from Guelph that puts responsibility into the realm of the participants for long lasting results.

Detecting the diet mentality became a fun game with Pat's class. When a participant caught another one expressing diet thinking, they would shout out a bzzzzz (a buzzer sound like a game show). Bring this idea to life by picking up a bell at stationary stores. When anyone catches anyone else in the diet mentality, they ring the bell. Be sure to include this as it will create the fun and relaxed atmosphere that is conducive to sharing and opening up.

This kind of shared experience strengthened Pat's class to the point that they wanted to form a support group without Pat. The empowerment approach works!

Facilitator Tip
Move the participants' focus from weight loss to health gain.