Weight Loss and Weight Maintenance for Midshipmen Workshop
Session #1

• Overview
  o Introduction
  o Nutritional strategies (Weight Loss Tips)
  o Exercise strategies (Dieting vs. Exercise for Weight Loss)
  o Cognitive behavioral strategies*

• The Cognitive Model:
  Situation/Trigger->Automatic (Sabotaging) Thought-> Reaction

• Week 1: Create a Foundation for Diet Success
  o Day 1: Review the advantages of Dieting/Making better food choices.
    (Reasons I want to Lose Weight Chart/3x5 Advantages Response Card)
  o Day 2: Commit to a Diet Plan
    (Weight Loss Tips)
  o Day 3: Sit Down to Eat
  o Day 4: Build Your Confidence by Giving Yourself Credit
    (Why Give Yourself Credit)
  o Day 5: Slow Down and Be Mindful
  o Day 6: Find a Diet Coach and Schedule to Meet Regularly
    Review progress practicing skills. Focus on successes and accomplishments in dieting and exercising, problems you have had since you last spoke and lessons learned, and problem solve future challenges.
  o Day 7: Make Changes in Your Living Spaces to Remove Temptations
    Let others know that you have decided to eat in a more healthy way.

• Homework
  o Practice Daily Tasks
  o Practice monitoring food and exercise to identify problem patterns and triggers
  o Check out the Daily Diet Tips at http://www.beckdietsolution.com/daily-diet-solutions/

*based on Dr. Judith Beck’s Diet Solution program developed at the Beck Institute for Cognitive Therapy (http://www.beckdietsolution.com/)