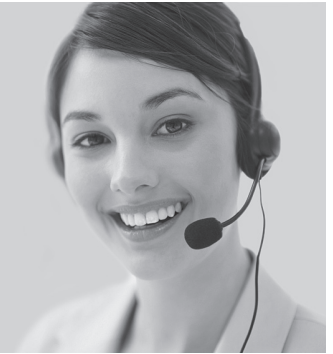


“It was great to talk with you.

Thank you for your interest in ‘Becoming Stronger After a Weight Loss Slip.’ I hope you find this tip sheet helpful.

Please give me a call if you have more questions about this or other topics.

As your UPMC Health Plan health coach, I’m ready to help in any way I can.”



Everyone gets off track with weight loss plans now and then. These times are called “slips.” Slips are:

- Times when you don’t follow your plans for healthy eating or being active.
- To be expected as a *normal* part of lifestyle change.
- *Not* an excuse to “throw in the towel.”
- Opportunities to learn and to make progress toward your goal.

An occasional slip does not hurt your progress. What can hurt your progress is the way you react to slips.

What causes you to slip is learned. It is a *habit*. You can learn a new way to react to slips to get back to eating healthy and being physically active.

What to Remember After a Slip

First, remember two things:

- **Slips are normal and to be expected.** 99.9% of all people have slips, both while losing weight and working to keep it off. You are making lifelong changes. Slips — and what you learn from them — are an important part of the process.
- **No single time of eating too much or not being active, no matter how extreme, will ruin everything.** The slip is not the problem. The problem occurs if you don’t get back on track fast and keep heading toward your goals.



A healthier life is on the line for you!

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UPMC HEALTH PLAN

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Five Ways to Handle Slips

After you slip, use these tips to get back on track:

- 1. Talk back to negative thoughts with positive thoughts.** Negative thoughts can be your worst enemy. Talk back. “I’m not a failure because of my slip. I can get back on my feet again.”
- 2. Ask yourself what happened. Learn from the slip.** Can you avoid it in the future? Manage it better? For example, did you skip a walk because it was raining? Next time it rains, plan to do an exercise DVD.
- 3. Regain control the very next time you can.** Do not tell yourself, “Well, I blew it for the day,” or “I’m really off track on this vacation. I’ll get back on track after I get home.” Make your *very next meal* a healthy one. Get back on schedule with your activity plan *right away*.
- 4. Focus on all the positive changes you’ve made.** How many steps in the right direction have you made *so far*? Did you go from doing next to nothing to doing something? Take pride in those changes, and build on them.
- 5. Talk to someone supportive.** Call a friend for support. Discuss what you’ve learned and talk about your new strategy for handling slips. Ask for suggestions. Commit yourself to a renewed effort.

A great way to find support and stay on track is to **find a buddy or join a group or event**. Talk with your UPMC Health Plan health coach about what might be right for you. If you can’t find a group, create your own! A few examples:

- A walking group where you work or in your neighborhood
- A few friends who go to the gym together
- A class in healthy cooking, aerobics, strength training, or yoga
- A group of friends or co-workers who try healthy recipes and food products and share the best ones
- A team that plays a sport together
- A team that trains for and enters local fitness events together (such as 5K walks/runs)
- A “weight loss challenge” (This can be as simple as a small group of co-workers or neighbors. Agree on how long the challenge will last (about 12 weeks is best). Agree to weigh in every week during that time. Plan prizes for those who lose the greatest percentage of their starting weight.)
- A weight loss program at work, in your neighborhood, or online (Be sure the approach is a healthy one. Your UPMC Health Plan health coach can help you decide.)

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UPMC HEALTH PLAN

Make a Plan for Handling Slips

1. What are some things that cause you to slip from healthy eating? (Examples: holidays, vacations, eating out, needing to work late, feeling bored or angry or lonely)

- a. _____
- b. _____
- c. _____

Imagine that you did slip in one of the above situations. Choose one or more of the five ways to handle slips. How could you use it to help you get back on track?

2. What are some things that might cause you to slip from being active? (Examples: a vacation, bad weather, your walking buddy cancels)

- a. _____
- b. _____
- c. _____

Imagine that you did slip in one of the above situations. Choose one or more of the five ways to handle slips. How could you put it to work to get back on track?

3. Now choose another situation from your answers to questions 1 and 2. Choose one or more of the five ways to handle slips. How could you put it to work to get back on track?

