

# BODY VITALITY



# Week by Week

~~Week 1: Overview of the Program~~

~~Week 2: Food, Mood & Cravings~~

~~Week 3: Food, Mood & Cravings~~

Week 4 -5: Weight Worries

Week 6-7: Body Image

Week 8: Social & Family Sabotage

Week 9: Resistance To Change

Week 10: Healthy Food Choices

Week 11: Healthy Exercise Choices

Week 12: Healthy Habits

# Diet's Do Not Work



# The Weight Of Weighing Yourself

- Preoccupied with scales
- Ignoring other measures of wellbeing
- Not losing as much weight as expected
- Abandoning a health plan
- Rewarding with food
- Reinforcing a harmful diet
- Making choices based on effect versus internally motivated choices
- The impact of a number on self worth



# The Weight Of Weighing Yourself

- What do you feel when you weigh yourself?
- What makes you happy, when you weigh yourself?
- What makes you sad, when you weigh yourself?
- How have you let your weight on the scales determine your self worth?
- What is the relationship between the scales and your mood?
- How has weighing yourself made you want to give up?
- How has weighing yourself made you want to continue?
- How can you still believe in yourself and love your body, and not be attached to the number on the scales?

# The Pressure For Weight Loss

- Harmful psychologically
- Health risks, for example heart attack and diabetes
- Fad or crash diets
- Extreme or addicted exercise patterns
- Societal pressure
- Family pressure
- Special event

# The Pressure For Weight Loss

- What makes you feel pressured to lose weight?
- Who makes you feel pressured to lose weight?
- How has the pressure to lose weight made you feel controlled?
- How has the pressure to lose weight supported you to lose weight?
- How has the pressure to lose weight not supported you to lose weight?
- How has the pressure to lose weight made you feel stressed?

# Dieting & Exercise Confusion

- Too much information
- “Should” eat
- “Should” move
- Confusing
- Analysis paralysis
- Disempowering
- Do not know where to start
- Better to do nothing



# Dieting & Exercise Confusion

- How have you felt confused by which diet to choose or not?
- How have you felt overwhelmed, by not being able to decide on a diet or exercise plan?
- How has your need to get it right, kept you from taking any action?

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