



## COIN Weight Loss Program

### If you Slip, Do Not Fall!

#### Month 5

This week you will:

- ✓ Learn the difference between a lapse and relapse
- ✓ Think about situations that might trigger a lapse
- ✓ Develop a relapse prevention plan

Welcome to Month 5 of the **COIN** Weight Loss Program! As you enter the last two months of the program, remember to keep logging your weight, calories, and MVPA minutes. Do your best to hit your calorie and exercise targets. If you think you need a booster session beyond your once a month coach contact, be sure to reach out to your Coach. **Stay active in the program until the very end!**

### Lapses and Relapses: An Ounce of Prevention is Worth a Pound Ungained!

This month and next, you will spend some time thinking about preventing “behavioral slips” that lead to weight regain, or what is often referred to as: **RELAPSE PREVENTION**. As you move forward on your health journey, you will occasionally let certain behaviors slip (e.g., missing an exercise class when work is hectic). In fact, it can be helpful to expect life’s demands to knock you off track from time to time. These slips are often referred to as ‘**lapses**’. Single or occasional lapses do not lead to weight gain. However, several lapses left unmanaged can lead to a **relapse** (partial or full weight regain). Consider the following examples:

- Judy finds herself snacking on candy mindlessly at her desk while finishing a monthly report. It feels familiar and on her drive home she feels disappointed in herself.
- Renee goes on vacation and plans to exercise every day. She starts the week off exercising, however it slowly gravitates to less exercise, and then no exercise. On the plane ride home, she feels defeated.

Take time to think about your past weight loss efforts. What got in the way of keeping off the weight you lost? Was it a stressful life event? Was it not paying attention to your daily routine? Was it “turning off” a switch and thinking: “I am no longer on a diet”? Whatever it may have been, it is important to develop some insight. It is also important to anticipate day-to-day, month-to-month, and season-to-season events that can lead to lapses. Because lapses are bound to occur and can quickly take over, it is helpful to take some time to identify **key behaviors** that have been critical to your success. Think of these as your “go-to behaviors,” no matter what is thrown your way, you **must** stay committed to these behaviors. These are the things you do to **prevent lapses**.

For example:

- Having healthy snacks on hand at work in the refrigerator and your desk drawer
- Weighing yourself at least every Monday
- Getting a 30-minute walk in at least 3 times/week during lunch break

What are your “go-to behaviors” or “musts” that will help you avoid that slippery slope?

### **Reacting to Lapses: What is Your Action Plan?**

Although you will be doing everything you can to avoid lapses, **once you have noticed a lapse (or slip) it is important to act quickly.** First, make sure all of your “musts” are in place. If they are not, start there. It might also mean stepping up your focus on tracking your weight, calories and exercise minutes, and enlisting the support of others.

For example:

- Track your food and exercise every day diligently for two weeks
- Ask a friend to be your walking partner to reboot your exercise routine

What are some things you might do to get back on track after a slip?

Please also read the following supplemental material:

- National Diabetes Prevention Program: What is a Relapse?
  - Complete the packet and come prepared to talk about your “high risk situations” and your Comeback Plan with your Coach.