



COIN Weight Loss Program

The Long Haul

Month 4

This week you will:

- ✓ Learn about established strategies for avoiding weight regain

Thanks for your continued commitment to your health and participation in the COIN Study!!

This month, we will discuss **weight management strategies that work for individuals who have lost weight and successfully maintained it**. If you are still interested in losing weight, keep working with your Coach to hit your calorie and exercise goals. **If you are interested in focusing on maintaining the weight you have lost**, you won't want to miss this month's educational materials.

What the Research Tells Us about Avoiding Weight Regain

The National Weight Control Registry (NWCR), the largest study of long-term successful weight loss maintenance, was developed to identify characteristics of individuals who have succeeded at long-term weight loss. The NWCR is tracking over 10,000 individuals who have lost significant amounts of weight **and kept it off** for long periods of time.

Generally speaking, the research on weight loss maintenance tells us that frequent weighing (as much as daily!) and high levels of physical activity (a lot of it!!) are two key behaviors for keeping weight off after a weight loss.

To learn more about personal stories of individuals in the NWCR, see the following website: <http://www.nwcr.ws/stories.htm>.

Also, read the below handouts to learn more about weight loss maintenance:

- The National Weight Control Registry: Health Systems, Special Feature; Wing & Hill, 2003.
- NWCR Facts: The National Weight Control Registry