



## COIN Weight Loss Program

### Went the Distance, Now She's Not Gonna Stop!

#### Week 12

This week you will:

- ✓ Prepare to transition from weekly sessions with your Coach to monthly sessions
- ✓ Think about strategies for staying motivated when things feel challenging
- ✓ Start thinking about "becoming your own Coach" and "staying in the game" long-term

#### Welcome to Week 12!

Time flies when you're having fun! It may be hard to believe that you have been in the COIN Weight Loss Program for 3 months and are moving to monthly visits with your Coach. This week, you will think about your goals for the upcoming three months, summarize the benefits of the program and plan to "become your own Coach".

#### Weight Loss or Weight Maintenance?

To remind you, you are shooting for a **10% weight loss by the end of the six-month weight loss program** to achieve the best health benefits. If you have not yet hit that 10% weight loss goal, you will keep focusing on hitting your weight loss calorie range and exercise minutes. You will keep logging your weight, calories and exercise. Once you hit the 10% weight loss goal, you can focus on continued weight loss OR you can focus on keeping off the weight you have lost (i.e., weight loss maintenance). To maintain your weight loss, you will adjust your calorie range to a "maintenance range" and you will practice weight loss maintenance strategies. You will discuss this during your Week 12 visit with your Coach. You can also read ahead to Months 4 and 5 Learning Materials, which cover Weight Loss Maintenance and Relapse Prevention. If you find yourself needing an additional "booster session", other than the one per month that is offered during months 4-6, please let your Coach know. You are allowed to have two booster sessions.

#### Becoming your own Coach

As you enter this next phase of the program, you will begin to rely even more on yourself—the expert on your health journey—to be your own Coach. Below are a few strategies for persisting, even when things are challenging.

#### Plan for the ups and downs

Seeing pounds drop when you are in a weight loss program feels good! At this stage of the program you are likely feeling your energy and fitness improve, and you are feeling good about your efforts and commitment. There may also be weeks when you don't see a drop in weight and, during more challenging weeks, you may even experience

weight gain. If you are struggling, try not to get discouraged. You have a Coach for three more months, a medical team, and other resources that you may not have tried yet! There are things YOU can do to step things up and reconnect with your commitment.

### Reconnect with your motivation

- Revisit your reasons for committing to your health.
- Talk to your Coach about the original reasons that motivated you to join the COIN Program and consider making a list to keep in your vision to remind you.
- Write yourself a letter.
- Put sticky notes around your house, work and car.
  - Has anything changed?
  - Are there new reasons for committing to your health?
  - Add new reasons to your list.

### Take time to acknowledge benefits

- Connecting with benefits helps maintain motivation.
- Take time to think about things that feel good right now, other than a number on the scale. Consider the following:
  - Increased energy
  - Increased confidence
  - Better sleep
  - Clothes fitting more comfortably
  - Improved endurance and flexibility
  - Feeling stronger
  - Moving around easier
  - Better digestion
    - What other benefits have you noticed?

### Freshen things up!

- Buy a new recipe book.
- Take a cooking class.
- Talk to other people about what works for them.
- Go online and look for new ideas.
- Enroll in an exercise class.
- Explore videos and other resources for keeping exercise and eating creative and exciting.
- Search for online support groups or apps that help keep things fun.
- Find friends to join competitions.

Read ahead to the upcoming monthly Learning Materials to learn more about the following topics:

- Month 4: Weight Loss Maintenance
- Month 5: Relapse Prevention