



## Welcome to the COIN Weight Loss Program!

### Week 1:

This week you will:

- ✓ Learn about the COIN approach to weight loss
- ✓ Think about your commitment to the program
- ✓ Start using the tracking tools that will be key to your success

### The COIN Program

Once again, we would like to welcome you to the **C**ancer, **O**besity/Overweight, **I**nsomnia (COIN) Study! It is exciting that you are taking an important step towards managing your health. You are in this program because you have an elevated body mass index (BMI) and sleep problems. This week marks the first week of the COIN weight loss program. There is evidence that reducing your weight can benefit your overall health and could possibly reduce your risk of cancer recurrence. See Handout: "**Obesity and Cancer**" (NCI), which provides more information about the benefits of weight loss.

Weight loss and health benefits are typically achieved through two important lifestyle changes:

- **a heart-healthy, reduced calorie diet, and**
- **aerobic exercise.**

This program will help you: make smarter choices about the types of foods and drinks you consume, reduce your calories, and increase your exercise. As you make these changes, you will work toward the study goal: to lose 5% of your start weight. **A 10% weight loss is associated with greater health benefits**, so you can adjust your weight loss goal with your Coach once you achieve the first 5% weight loss.

### Key features of the COIN Program

Several aspects of the COIN Program set you up for success.

- You are assigned a **Coach** to offer weekly, personalized support for 3 months, and monthly support from months 4-6.
- You will have access to the COIN Program website (**FxWell**), which will allow you and your Coach to track your progress.

## The COIN Approach

This program follows the “**COIN Approach**” to help you achieve and maintain healthy weight loss (see below; Commit, Omit, Increase, Navigate). Prior to each Coach session, you will have access to **learning materials** that focus on some aspect of the **COIN** Approach. Please complete learning materials **before** your Coach Sessions. They will be available to you on **FxWell**.

| <b>The COIN Approach</b>   |  |
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| <b><u>C</u>ommit to the program</b>                                  | <ul style="list-style-type: none"> <li>• See <i>Participant Guidelines</i> for an overview.               <ul style="list-style-type: none"> <li>○ Lose at least 5-10% of your weight.</li> <li>○ Achieve your daily calorie target.</li> <li>○ Exercise at a moderate level at least 180 mins/week.</li> <li>○ Track calories, exercise and weight.</li> <li>○ Attend coach sessions.*</li> <li>○ Complete learning materials.</li> </ul> </li> </ul> |
| <b><u>O</u>mit foods that are not heart healthy and cut portions</b> | <ul style="list-style-type: none"> <li>• Reach your daily calorie goal using the <b>COIN</b> approach to healthy eating, with guidance from the Mediterranean and DASH diets.</li> <li>• Omit/decrease sweetened beverages, alcohol, junk food, fast food, saturated fats, etc.</li> <li>• Cut portions.</li> </ul>  |
| <b><u>I</u>ncrease heart healthy foods and aerobic exercise</b>      | <ul style="list-style-type: none"> <li>• Add foods like fruits and vegetables, high fiber foods, healthy fats, and lean proteins.</li> <li>• Accumulate <math>\geq</math> 180 minutes of moderate to vigorous physical activity (MVPA) each week. This is aerobic activity (like brisk walking) that occurs in 10 minute bouts or more.</li> </ul>   |
| <b><u>N</u>avigate weekends, holidays, and vacations</b>             | <ul style="list-style-type: none"> <li>• Plan for holidays, travels, weekends and stressful life events.</li> <li>• Healthy behaviors require planning and long-term commitment!</li> </ul>  |

\*Coach sessions are ~30-40 minutes and are by teleconference, except week 1, month 3, and month 6 of weight loss.

For more on weight loss, nutrition and physical activity guidelines for cancer survivors, see:

**“ACS Guidelines for Nutrition and Physical Activity”**