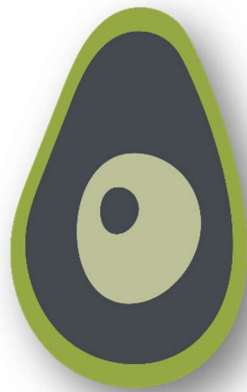


# WHY

# DIE



## LIVING HEALTHY

Your Road to Health - Mind and Body

**Measurements page**

Date of first measurement \_\_\_\_\_

Weight \_\_\_\_\_

Stomach Circumference (around belly button) \_\_\_\_\_

What is your WHY? Write here:

Date of last measurement (after 6 weeks) \_\_\_\_\_

Weight \_\_\_\_\_

Stomach Circumference (around belly button) \_\_\_\_\_

# WHY DIET

There are many diet and healthy living plans, promising fast weight loss, longevity and a 'better life' (quote from a big brand diet plan "*Be happy this summer*"). These plans are often very restrictive or 'Detox' schemes which are unsustainable and have questionable science behind them. These types of programmes often explain how much food and what sort of food you can eat. This programme is more about how to eat rather than what to eat. During this programme we will examine your feelings around food, think about why and when you are eating and help you realise that weight management isn't some well-kept secret by slim people but is more simply a set of good habits.

Psychologists understand our relationship with food and its outcomes. This programme is about using tools offered by psychologists to better understand our relationship with food and exercise. The goal of this programme is to help you explore the psychological tools and strategies to better manage your weight.

Each week the programme is divided into 3 parts, to be successful you **must** commit to all **3**.

- The psychological tools
- The nutritional strategies
- Moving your body.

Each week you will attend a 1-hour session. This is where you'll explore the 3 parts of the programme. You must commit to all sessions across the 6 weeks to really get the benefits.

## **If it doesn't challenge you, it doesn't change you!**

**WHY DIET** aims to be an alternative to other weight management programmes. The aim of our course is to show you **how** to eat not **what** to eat.

The course is designed around psychological knowledge, strategies and tips that you can use to revolutionise how you think about yourself and about food.

Each week we will explore a psychological concept, delving into our emotions and experiences surrounding food. You will be given tools to better understand this relationship with the intention of using it for better weight management.

You will be given a Nutritional component to follow each week, to compliment the psychological strategy.

You are asked to invest in at least one exercise session per week, we will encourage you to move your body more than you are currently. This can be a weekly 45-minute session or daily walks. We will guide you on how to advance on this, as we go through the course.

The mantra of the course is to 'keep moving forward' this is a practice; it is not about perfection.

## **The Aims of each session**

1. Psychological tools and strategies - How can we use psychological theories to better understand and manage our relationship to food?
2. Nutritional strategies-what does good nutrition look like.
3. Exercise component-how to move your body for health and wellbeing.

## **Course outline**

Week 1:	<b>Discover your why? What motivates you? Become organised with your food.</b>
Week 2:	<b>Stop eating your emotions. Are you really hungry?</b>
Week 3:	<b>The cost/benefits negotiated. Don't be afraid to be hungry.</b>
Week 4:	<b>Don't eat with distractions, be mindful. Shop smarter.</b>
Week 5:	<b>Let go of the 'All or nothing' mentality. Do treats really treat your body?</b>
Week 6:	<b>Stop making judgements. You don't have to finish your plate!</b>

## **What is psychology?**

'Psychology is the study of mind and behaviour.'

Psychology can help us better understand our relationship with food.

Psychology has taught us that most people who struggle with their weight are not simply hungrier than their thinner peers. They eat for reasons other than hunger; Boredom, sadness, loneliness, anger, and frustration, stress.

Emotional eating is often at the core of the poor choices people make when it comes to food.

Psychology has taught us that in order to be successful at weight management we need to target the emotional and psychological reasons that lie at the root of unhealthy eating and physical inactivity.

## **Cracking the code for long term weight management!**

Possible reasons why you haven't cracked the code for long-term effective weight management, yet!

- You have probably invested time, money and energy in a previous programme that offers you quick solutions!
- It takes time to have good weight management.
- There is no 'quick fix' to a weight problem.

More likely you haven't been successful previously because dieting itself is an imperfect way to lose weight and maintain the loss. (Gilbert 1989)

- You might have blamed yourself for not having 'enough willpower'
- There are many overweight people who have a lot of self-control, holding responsible important jobs, often in powerful positions.
- It takes great strength, ambition, knowledge and 'willpower' to be successful in a career.
- Strength, ambition, knowledge and 'willpower' does not equal slimness!

## **Will power is not the reason for lack of success in losing weight**

## Week 1

### Psychology Strategy 1

**Discover your WHY? Why do you want to be on this course? What is your motivation?**

People are often motivated to change their eating patterns because they are unhappy with their size and shape. Yet when you start out on this journey towards a healthy weight it often leads to so much more, you will find that there is a multitude of additional benefits along the way.

**This week we start with your WHY**

- **Why do you want to be on this course?**
- **What will managing your weight mean to you?**

(Beck 2015) states – “*unsuccessful dieters tend to give up when the going gets tough.*”

Sabotaging thoughts of “*It’s not worth the effort*” can set in - **It’s essential to build a tool box of ideas that remind you of, *WHY* it is worth continuing!**

Use memories of the times you felt happy, that you stayed mindful about your diet, such experiences might include: -

- When someone compliments you on your appearance
- When you fit into smaller clothing
- When you move with greater ease
- When you feel more confident around other people
- When you fit more comfortably in your seat at the cinema or on a plane.
- When you have a great time at an event because you followed your eating plan and felt in control

**TASK: Keep a record here.**

- What are your reasons for starting on this programme?
- What do you value?
- Think about the reasons why you want to be on this programme.

What are your intentions? Are you intending on following each point to the letter? We hope so, but this programme is about you, it's about being aware of what your body needs and what feels good for your mind also.

**What is your WHY? What motivates you?**

- There may be many reasons that you can list, as to why you have joined this programme.
- The '**WHY**' is key to your success.
- If you are not convinced about your '**Why**' then believing that you can achieve successful weight management won't be convincing either!
- The beliefs we make around our relationship to food and our reasons for wanting to diet/manage our weight are important and will influence your success.

## **Case study: Why the 'WHY' is so important**

*45-year-old Louise is struggling with her relationship with food, she has recently been advised by her GP that she is pre-diabetic, she easily gets out of breath when running after her children in the park. Her doctor has recommended that she should lose weight and become more active, otherwise her health could take a turn for the worse and she might not be able to run around with her children.*

*Louise comes home every day after work and her loving husband asks her how she is, she always replies in the same way, 'I'm a train wreck, my bum is the size of the car, I eat like a horse non-stop and I'm the size of a house. I'm just a hopeless mess, I want to lose weight, but I can't stop eating.' I have tried to lose weight to make you happy, but I can't stop eating biscuits.' Louise is always eating out of a routine, she often skips breakfast, she often eats whatever is lying around in the office for lunch, so is starving by the time she gets home from work and eats whatever is in the cupboard. Often, she hasn't been shopping so orders a takeaway for her and her husband most weekday evenings.*

- **Do you consider the response Louise gives useful?**
- **What does this achieve?**
- **What seems to be Louise' reasons for wanting to lose weight?**

When describing yourself and thinking about **your reasons** for being on this programme, try not to use negative language. Don't choose words with a strong negative emotional content or ones that create negative thoughts in your mind. These negative messages that swirl around your mind will increase negative feelings about your body and how you eat.

- Let's create some positive reasons as to 'WHY' it would be beneficial to follow this programme and why you want to be successful.
- Having positive reasons is incredibly effective at helping you lose weight.

*Case Study* - Louise states that she wants to lose weight to make her husband happy, this is unlikely to help Louise succeed in losing weight, she must want to lose weight for intrinsic reasons, not for extrinsic reasons, or for reasons that she doesn't really find value in. Louise is likely to know that her husband will love her anyway, and that she isn't in charge of his happiness.

How much of what Louise tells her husband is true?

- Her bum is not the size of a car.
- She has never eaten like a horse in her life.
- She is not the size of a house or could never be
- She is not a hopeless mess
- She can and does stop eating most of the time.
- She isn't trying to lose weight to make her husband happy!

In the process of saying and thinking negative thoughts, Louise's brain believes this, these negative feelings can become self-fulfilling, this might be why Louise is out of control around her eating and relationship to food.

- Don't use negative words or thoughts to motivate your reasons 'why'
- You are not to refer to yourself using negative language.
- Stop punishing yourself.
- Don't allow negative criticisms wither inside you.
- Praise yourself more and you will find it easier to change.

Often people are not overweight or struggling with weight because they are lacking in knowledge, there is more information than ever before available about how to lose weight, yet there are higher rates of obesity recorded in the Western world than ever before. What has gone wrong?

Q: Do you know how to advise Louise on how to manage her food? I imagine that you have great knowledge on what a healthy diet looks like!

## **Nutritional Strategy 1**

**Become organised with your food!**

**“If you fail to plan you plan to fail”**

### **Plan your meals and snacks in advance so that you can choose your food rather than your food choosing you!**

You probably know how difficult it is to calorie count and to measure out grams of food, constantly check labels, did you do this on previous diets? Remember how difficult it was to opt out of foods as they were not prescribed on your diet plan.

This part of our plan is going to feel like a walk in the park! As the programme is not asking you to opt out of your favourite foods or count a single thing, (Sin, Gram of Fat or Calorie!)

- What I am asking you to do is become organised with **ALL** your meals and make a plan. Remember this is a process and we are not looking for perfection, but we are looking for some commitment and effort.

In the past you have probably been engaged in the battle to eat less food, less often. Yet like a car, your body needs regular fuel to keep it running efficiently. Your body needs good quality nourishing food to extract essential nutrients and produce energy. High quality food will mean that your body will perform better.

Research shows (*Bartholomew and Pearson 2014*) “People who maintain a healthy body and healthy diet are usually very organised in their approach to food.”

Becoming organised can feel time-consuming, but with practice it will become second nature. When you plan what you are going to eat, not only will it help you to be in complete and conscious control of your food choices, food shopping will also become much easier and you will find that you waste less too. It's important to know that healthy eating habits aren't about deprivation, instead they involve enjoyment of all aspects of food. Healthy food habits are balanced and include all the foods you love, so do allow yourself to eat the food you love, but in moderation (the trick is not to eat a whole tray of doughnuts or eat a whole plate of chips) include them in your weekly choices but in moderation. Move away from guilt and move towards mindful, balanced enjoyment.

## **Homework TASK:**

**Over the next week, make a note and reflect on your feelings.**

- Has being organised with your food been a struggle?
- What did you find most difficult?
- What strategies could you adopt to make this task more achievable?
- What prevented you from being prepared?

## **Exercise component**

- Each week we have a dieting strategy along with a psychological strategy that you must commit to achieving, but you also have an exercise element to the programme too.

**Important things to consider:**

- Get active and feel the difference.
- Focus on how it feels to move your body.
- Don't analyse the calorie burning effect of exercise. (this is a form of counting which we are trying to avoid!)

Each week you need to schedule in some form of exercising. The Government recommends that adults should aim to be active in at least 150 minutes of moderate intensity physical activity each week, in bouts of 10 minutes or more. All adults should aim to be active daily and should include muscle strengthening activity, on at least 2 days a week and minimise the time spent being sedentary for extended periods.

**If you currently lead a very sedentary lifestyle we suggest starting very slowly.**

- Start with a daily 10 minutes' walk at lunchtime
- Focus on slowly building your fitness
- Try to get outside at least once a day
- Enjoy it!

There are many reasons as to why exercise is good for you, so let's get moving! It is without question that exercise is beneficial for numerous health issues from stress reduction to the prevention of chronic diseases. The **issue** for most people is the art of doing it consistently. A big challenge for chronic dieters is choosing the right exercise.

- If you select exercise type based on how many calories you will burn, you might be engaging in activities that you don't necessarily find enjoyable.
- The trick is to choose an activity that you actually like doing and it will nourish your mind and body, not exhaust it.

It is worth noting that the World Health Organisation (2010) emphasises that physical activity does not mean only exercise or sports, it does include gardening, doing chores, dancing and recreational activities also.



### Start by simply sitting less in your daily living:

*'A person can now eat, work, shop, bank, and socialize without having to leave the comfort of their chair.'* (Henson et al 2016) Henson also points out - *"this lifestyle of prolonged sitting is now recognised as a unique health hazard, which increases the risk of chronic diseases, especially heart disease and type 2 diabetes"* (Henson et al 2016). *When the body sits for long periods of time – an hour or more, there is a physiological stasis effect; your metabolic health comes to a standstill.*

*Don't underestimate the important role, seemingly mundane activities play in metabolic and cardiovascular health! Even the most incidental tasks of everyday living, like taking the rubbish out, offer significant health benefits (Rezende et al 2016).*

We need to get an idea of how much movement is achieved day to day. This will help provide a better picture of how much time you spend sitting, which will give a better idea of where it might be easy to make some simple changes.

- Select two typical days, one from the week and the other from the weekend and track the hours you spend sitting down in one-time frame. If you watched TV for an hour then made a cup of tea and went back to watching TV for 15 minutes. That is recorded as one hour and then 15 minutes.

Sedentary Pursuits:	Total hours in your weekday spent sitting:	Total hours in your weekend spent sitting:	How does your body feel when you get moving?
Driving or sitting in a car, bus or train.			
Sitting at a desk.			
Watching TV.			
Surfing the internet.			
Playing video games.			
Reading.			
Texting talking or social media on your phone.			
Simply relaxing or lounging.			
<b>Total Hours:</b>			

**If you notice that you are spending too much time sitting and you are convinced that you need to get moving more, then here are some tips to incorporate into your daily life to increase your movement. Aim to do them each day!**

- Break up any prolonged sitting with stretching, getting up, turning, or bending.
- Take advantage of smart phones and electronic apps to prompt you to get up after 45 minutes of prolonged sitting.
- Find different ways to sit that engage an active posture, such as perching on a balance ball or a stool.
- Stand up and take breaks.
- Take your lunch away from your desk.
- Walk around when you are on the phone.

There is a growing body of evidence shows that enjoyment from physical activities is the most important factors for sustaining consistent exercise.

#### **Let your body be your guide: Mindful Exercise:**

- Paying attention to how your body feels during and after exercise is an important way to discover enjoyable activities.
- The more you listen to your body's sensations while you move the more it can help you cultivate introspective awareness (your perception of the physical sensations from your body).
- The more you listen to your body, the more it heightens your ability to 'hear it', which will also increase your awareness in other areas – like perceiving hunger and fullness. Cross-training for your mind-body connection!!

**Remember to record your weekly exercise on the worksheet available in this workbook. Aim to do a little more each week, small steps in the right direction is what you are aiming for.**

**Perhaps challenge yourself to try something new!**

## **Week 1 Check list**

What you need to do	Have you achieved it?
Become organised with your weekly food. E.g. Have you packed your own lunch? Have you brought your daily food in advance?	
Are you clear on why you started this programme in the first place? What is your WHY?	
Have you started moving your body?	

## **Week 1 Organise meals**

Day of week	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

## **Week 1 Activity chart**

*Note any activity which lasts longer than 10 minutes*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time/Exercise							
Time/Exercise							
Time/Exercise							
Time/Exercise							
Time/Exercise							
Total Time							