



Module 17: When Weight Loss Stalls

Lifestyle Coach Guide



Module Overview

Taking action when weight loss stalls can help prevent or delay type 2 diabetes. This module helps participants understand how to start losing weight again.

Participant Learning Objectives

By the end of the session, participants will be able to:

- Explain some reasons why weight loss can stall
- Identify other non-scale ways their body tells them that they are making progress on their health goals
- Explain the value of maintaining weight and how to start losing weight again

Things to Do

In addition to the Session Checklist, you will also want to do the following:

Before this session:

- Communicate with your participants via email, text message, app, or social media to prepare and motivate them for this upcoming session on taking action when weight loss stalls. Here are some sample messages you can send to participants for this module:
 - 1 Week Prior: “Our next session is about taking action when weight loss stalls. This happens to a lot of people! Find out why in our next session and ways to start losing weight again. Please bring your favorite recipe to this session for a fun activity. Don’t miss this important session!”
 - 1 to 2 Days Prior: “Our next session is almost here! We will be discussing ways to start losing weight again when your weight loss has stalled. Don’t forget to bring your favorite recipe! We’ll be talking about how taking in fewer calories can help. See you soon!”
- If applicable, set up the appropriate number of virtual breakout rooms in your web conferencing tool so that there will be three to four participants per group for the “Healthier Ingredient Swaps” group activity.

After this session:

- ❑ Communicate with your participants via email, text message, app, or social media to continue the conversation on when weight loss stalls. Here are some sample messages to post:
 - “What strategies from our last session have you tried in order to consume fewer calories?”
 - “Remember that increasing your activity can make your healthy food and drink choices more effective at helping you lose weight. Get moving today!”

Session Content

The following content is designed to last for 60 minutes. Please allow about 10 extra minutes to receive weigh-in information and to consult with participants privately, if needed, at the start of each session.

Welcome and Review	Page 3	5 Min
Session Focus	Page 4	1 Min
Why Weight Loss Can Stall	Page 5	14 Min
How To Start Losing Weight Again	Page 8	30 Min
Plan for Success	Page 14	5 Min
Summary and Closing	Page 15	5 Min

Welcome and Review



Time Estimate: 5 minutes
Method: Facilitated Discussion

SAY:

Welcome back, everyone! This is the [current session number] meeting of [name of program].

Today, we are going to talk about what to do when your weight loss stalls.

Before we start, let's spend a few minutes going over what we discussed last time. I will try to answer any questions you may have.

DO:

Briefly summarize previous session.

DISCUSS:

What questions do you have for me about what we talked about last time?

SAY:

Let's talk about how things went with the action plan you made last time.

DISCUSS:

What went well? What didn't go well?

SAY:

Now let's talk about how it went with the other things you tried at home.

DISCUSS:

What went well? What didn't go well?



Time Estimate: 1 minute
Method: Presentation

SAY:

Please look at “Session Focus” on page 1 in the Participant Guide.



For a virtual session, use the screen share feature to display “Session Focus” from the Participant Guide for all participants to view.

SAY:

Taking action when your weight loss stalls can help you prevent or delay type 2 diabetes. Today, we will talk about:

- Multiple reasons why weight loss can stall
- Other non-scale ways your body tells you that you’re making progress on your health goals
- The value of maintaining your weight and how to start losing weight again

Finally, you will make a new action plan.



Time Estimate: 14 minutes
Methods: Presentation, Facilitated Discussion

Use Roxanne's story to introduce the discussion on reasons why weight loss might stall and ideas for small changes to successfully maintain and continue losing weight.

Roxanne's Story (4 minutes)

SAY:

Many people who make healthy lifestyle changes find that the pounds come off quickly at first. Then, all of a sudden, they start to have trouble losing weight. Their weight loss slows down or even stalls. It's normal to have these periods of slow weight loss.

Let's look at an example. Please look at "Roxanne's Story" on page 2 in the Participant Guide.



For a virtual session, use the screen share feature to display "Roxanne's Story" from the Participant Guide for all participants to view.

DO:

Read (or ask a volunteer to read) Roxanne's story.

DISCUSS:

Does this sound familiar to any of you? What have you experienced?

SAY:

If your weight loss stalls, the first step is to figure out why. One reason your weight loss may stall is that you're paying less attention to your eating and drinking patterns. Or you may have stopped being as physically active as you were when you started the program.

ASK:

How can you refocus your eating and activity patterns?

ANSWER:

Possible answers from participants include:

- Track your activity.
- Track what you eat and drink.

Reasons Why Weight Loss Stalls (10 minutes)

SAY:

Please look at “Reasons Why Weight Loss Stalls” on page 3 in the Participant Guide.



For a virtual session, use the screen share feature to display “Reasons Why Weight Loss Stalls” from the Participant Guide for all participants to view.

DO:

Explain that weight loss can stall for different reasons and can vary considerably among people. Tell participants that this list provides multiple reasons and that you will be discussing some of these reasons right now.

SAY:

Your weight loss may also stall because you’ve lost weight. If you haven’t changed your eating and activity goals to match your lower weight, you may start to regain weight.

ASK:

Why do you need to change your eating and activity goals when you lose weight?

ANSWER:

The less you weigh, the fewer calories you need just to maintain your weight. So in order to lose weight, you need to either take in fewer calories or burn more calories. That means you need to change your eating and activity goals to match your new weight. Your body has gotten used to the type and level of physical activity you’re doing. Try increasing the intensity or duration of your activity (meaning work a little harder or a little longer).

SAY:

Your weight loss may also slow down if some of the weight you've lost is muscle.

ASK:

Why might losing muscle cause weight loss to stall?

ANSWER:

Muscle burns calories, even at rest. So when you lose muscle, you don't burn as many calories.

SAY:

Finally, your weight loss may slow down once you're no longer in the early stages of lifestyle change. When you first start cutting calories to lose weight, your body at first burns stores of glycogen—a type of carbohydrate that contains water. This is commonly referred to as “water weight.” For most people, once they have lost this water weight, weight loss slows down. Only after you stop losing this water weight do you start losing body fat.

ASK:

How does stress and lack of sleep affect your weight loss?

ANSWER:

Regular stress and poor sleep may cause weight loss to stall or may cause you to gain weight.

Sleep plays a vital role in regulating hormones that affect a person's hunger and appetite. Not getting enough sleep can affect these hormones. As a result, you might eat healthier food or more food than you need.

When stressed, your body releases a hormone that promotes increased fat around your stomach. Stress also causes some people to eat larger amounts of fattier or saltier foods.

DO:

Turn participants' focus to the list of reminders at the bottom of “Reasons Why Weight Loss Stalls” on page 3 in the Participant Guide. Review the list with participants.



Time Estimate: 30 minutes
Methods: Presentation, Facilitated Discussion, Group Activity

In this part of the session, participants will learn ways to get back on track and start losing weight again. They will participate in a group activity to brainstorm ideas for eating and drinking fewer calories and making healthier ingredient swaps in recipes.

SAY:

Once you know why your weight loss has slowed down or stopped, the next step is to make a plan. If you have reached your weight loss goal, the plan may be to celebrate your weight loss maintenance and keep your weight at your new normal. But, if you are still actively trying to lose weight, you may need a different strategy. Let's say you find that your weight loss has stalled because you're eating a few more calories a day or burning fewer calories through activity. You can carefully track your food and make some healthy swaps. Or you can increase how long or how intensely you are physically active. Remember: It's normal to get off track from time to time. The important thing is to get back on track and learn how to continue to "tune up" your lifestyle patterns in the future.

ASK:

How can you get back on track?

ANSWER:

To get back on track, stay positive and use the five steps of problem solving:

1. Describe how you got off track.
2. Come up with options to get back on track.
3. Choose one or two of the best options.
4. Make an action plan.
5. Try it.

SAY:

Let's say you find that your weight loss has stalled because you've lost weight. And you haven't changed your eating and activity goals to match your lower weight. Before you can set new eating and activity goals, you'll need to find out how much your daily calorie needs have changed since you started this program.

ASK:

What are daily calorie needs?

ANSWER:

The calories you need to maintain your weight. Your daily calorie needs are based on your age, sex, height, build, and weight.

ASK:

How can you find out your daily calorie needs?

ANSWER:

- Ask your health care provider.
- Use a smartphone or computer app.
- Use an online tool.

DO:

Take a few moments to share apps and online tools for finding daily calorie needs. Ask participants to share any tools or resources they have used.

Roxanne's Weight Loss (5 minutes)

SAY:

Please look at “Roxanne’s Weight Loss” on page 4 in the Participant Guide. Take a look at the graph.



For a virtual session, use the screen share feature to display “Roxanne’s Weight Loss” from the Participant Guide for all participants to view.

ASK:

What has happened to Roxanne’s weight lately?

ANSWER:

It has leveled off.

SAY:

Now let's look at the chart called "Roxanne's Daily Calorie Needs" on the same page.

ASK:

What were Roxanne's daily calorie needs before she lost weight?

ANSWER:

1,750 calories

ASK:

And what are Roxanne's daily calorie needs now?

ANSWER:

1,650 calories

ASK:

So what is the change in Roxanne's daily calorie needs?

ANSWER:

100 calories ($1,750 - 1,650 = 100$)

SAY:

Since Roxanne's daily calorie needs have changed, she decides to set new eating and activity goals. She makes small changes in her lifestyle to cut an extra 100 calories each day. Keep in mind: This is Roxanne's goal. Your goal may be different.

ASK:

How could Roxanne cut those 100 calories?

ANSWER:

Possible answers from participants include:

- Take in 100 fewer calories each day
- Burn 100 more calories each day
- Do a mixture of the two



Ways To Take in Fewer Calories (5 minutes)

SAY:

Now let's look at some example food swaps and ways you can take in fewer calories each day. Please look at "Ways To Take in Fewer Calories" on page 5 in the Participant Guide.



For a virtual session, use the screen share feature to display "Ways to Take in Fewer Calories" from the Participant Guide for all participants to view.

DO:

Review the lists of ideas on ways to take in fewer calories.

DISCUSS:

What ideas on these lists have you tried? What has worked well? What hasn't worked as well?

Healthier Ingredient Swaps (10 minutes)

SAY:

Now let's practice how we can take in fewer calories by making healthier ingredient swaps. Please take out your recipe.

Please look at "Healthier Ingredient Swaps" on page 7 in the Participant Guide.



For a virtual session, use the screen share feature to display "Healthier Ingredient Swaps" from the Participant Guide for all participants to view.

SAY:

For this activity, you will work in groups to find ways to include healthier ingredient swaps for your recipes. Record your healthy ingredient swaps in the space provided in your Participant Guide. And record any key takeaways from the activity that you might want to share with the whole group.



If dividing participants into small groups is not possible for a virtual session, have participants conduct the activity by themselves.

DO:

Share group assignments and begin small group meetings. Give participants an exact time to meet back as a whole group. Join one or more group sessions to facilitate the discussions.

When participants have completed the activity, have a volunteer from each group provide some of the healthy ingredient swaps that were discussed within their group. Encourage participants to record any important whole-group takeaways in their Participant Guide.

Following this activity, encourage participants to use social media platforms to continue sharing their swaps. Ask for a volunteer who would be interested in being the swap organizer who can create a page dedicated to swaps that can be shared among the group.

How To Burn 100 Calories (5 minutes)

SAY:

Please look at “How To Burn 100 Calories” on page 8 in the Participant Guide.



For a virtual session, use the screen share feature to display “How to Burn 100 Calories” from the Participant Guide for all participants to view.

SAY:

Another way to cut 100 calories a day is to burn more calories by increasing your physical activity. This may include walking longer distances, faster, or up steeper hills. This list provides you with some ideas for burning more calories.

ASK:

Let’s say you find that your weight loss has stalled because some of the weight you’ve lost is muscle. How could you build muscle?



ANSWER:

Possible answers from participants include:

- Do wall push-ups
- Do arm raises with weights
- Do arm curls with resistance bands
- Lift weights
- Do squats with resistance bands

SAY:

Think about the type of physical activity you are currently doing weekly. Include, as applicable, the distance, length, and number of times per week.

DISCUSS:

What are some ways that you might adjust your current physical activity routine to build more muscle and/or burn more calories?



For a virtual session, encourage participants to use a digital whiteboard or the group chat feature to type their answers. Or have them “raise their hand” in the web conferencing tool, if the option exists.



Time Estimate: 5 minutes

SAY:

Please look at your Action Plan Journal. Let's spend the next few minutes making a new action plan.

Keep in mind what worked and what didn't work well for you since our last session. Are there any changes that you want to make to your new routines? Are you ready for a new routine?

Also, keep in mind what we discussed today about a stall in weight loss and how to maintain your weight or start losing weight again.

As you try out and practice your new routine, make sure to add in the following to make it automatic:

- Make your new routine easy and the old one harder to follow.
- Build in a healthy reward.
- Create times to repeat and practice your new routines.

If you are ready to add another routine, complete these 3 steps:

1. Identify what current routine needs to change or stop.
2. Plan a new routine that helps you make a positive change that will stick.
3. List cues or hints for when to use your new routine.

DO:

Give participants a few minutes to make their action plans.



Time Estimate: 5 minutes

SAY:

It's a good idea to keep an eye on your Weight Log. It can help you spot trends. If you ever think your weight loss has stalled, please tell me. I'll help you figure out why so that you can start losing weight again.

DO:

If you'd like, share apps and online tools for graphing changes in weight.

SAY:

Between now and the next session, please read "Snacking and Weight Loss" on page 9 of the Participant Guide. It's important to consider how your favorite snacks might be affecting your weight loss.

We have come to the end of our meeting. Today, we discussed how taking action when your weight loss stalls can help you prevent or delay type 2 diabetes. We talked about:

- Some reasons why weight loss can stall
- Other ways besides weight loss your body tells you that you are making progress on your health goals
- The value of maintaining your weight and how to start losing weight again

DISCUSS:

What questions do you have about what we discussed today?

SAY:

Next time, we'll talk about the things you tried at home, including your action plan. We'll also talk about [include specific topics that will be presented in the next session].

Thank you for coming to this session. Remember to bring your Participant Guide and Action Plan Journal to the next session.

End of meeting.