

# ***Change Your Mind Change Your Body: Emotional Wellness & Weight Loss®***

## ***Sustainable Healthy Weight Loss – Principles for Success***

### **1- Process vs. Outcome**

The actions and behaviors that I can engage in rather than body weight or pounds lost

My Process Goals are:

- 1.
- 2.
- 3.

### **2- Six Stages of Change -Readiness and Anticipating the Lapse** Eliminate the “starting over” cycle

### **3- Realistic Expectations**

What is healthy weight loss?

The Scale Challenge...

Other barriers to consider including medications, hormones and aging – focusing on what you can change (choices, reactions)

### **4- Behavioral Nutrition**

Developing a healthy relationship with food

Avoiding food restriction – allowing for all foods for balanced nutrition

Nutrition Education – learning the value of your food

Blending Behavioral with Dietary Nutrition

### **5- Optimal Exercise**

Movement tracking

Boosting Cardio Efficiency – METS

## Six Stages of Change

### **PRECONTEMPLATION**

not thinking  
about change

### **LAPSE**

reverting to  
old habits

### **CONTEMPLATION**

thinking about  
change

### **MAINTENANCE**

maintaining behavior  
change

### **PREPARATION**

making small  
changes

### **ACTION**

behavior change  
is occurring

(Adapted from : J.O. Prochaska and C.C. DiClemente –  
Transtheoretical Approach)

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