

Comprehensive Weight Management LEARN Program



LEARN Overview

- LEARN focuses on long-term, permanent results
- LEARN provides the combined lifestyle therapy outlined in the *Clinical Guidelines*—diet, physical activity, and behavior modification
- LEARN is based upon the guiding principles of behavior change—provides knowledge, teaches skills, and enhances motivation

LEARN Program Skills

- **Stimulus Control**
Keep problem foods out of sight (Lifestyle)
- **Develop Social Support**
Exercise with a partner (Relationships & Exercise)
- **Problem Solving**
Identify triggers for eating (Lifestyle)
- **Counter Negative Self-Talk**
Stop dichotomous (light bulb) thinking (Attitude)
- **Cope with Negative Feelings**
Use alternatives to eating (Lifestyle)
- **Relapse Prevention**
Cope positively with lapses (Attitude)
- **Self-monitoring**
Keep a food and exercise diary (Lifestyle, Nutrition, and Exercise)
Use a step counter (Exercise)
Record daily caloric intake (Nutrition)
- **Goal Setting**
Set realistic goals (Attitude)
- **Reward Positive Behavior**
Reward your partner (Relationships)

LEARN Focuses on PERMANENT Lifestyle Change

- LEARN incorporates dietary change principles
- LEARN teaches key lifestyle-change principles to help individuals increase their physical activity
- LEARN is a comprehensive behavior modification program
- LEARN is flexible and can be tailored to a person's unique lifestyle and needs
- LEARN is the most scientifically tested weight management program available
- LEARN can be used in conjunction with other interventions/therapy

What is Expected of LEARN Participants

- Weigh-ins
- Read assigned LEARN lesson each week in advance
- Complete homework assigned in class and in LEARN lessons
- Keep Monitoring Forms
- Attend meetings and actively participate in the problem-solving process
- Participate in group discussions

Typical Session

- Weigh-in before meeting
- Review Monitoring Forms
- 10-minute review of assigned lesson content
- Group discussion/problem solving
- Special activities

LEARN Facilitators

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LEARN Weekly Lesson Plan

Lesson #1	Lesson #7
THE #1 Indicator for success in weight management is...RECORD KEEPING	The foods we buy may be influenced by others in the household (but my kids really like that, my husband/wife wants it).
Lesson #2	Lesson #8
Use your food diary to identify your eating patterns.	Out of sight, out of mind may help decrease impulse eating.
Lesson #3	Lesson #9
It is important for each person to identify his or her "triggers."	Take time to review those food the changes you have made in your life over the past few weeks.
Lesson #4	Lesson #10
Conquering cravings may take time and multiple strategies.	Family support can be very important to your success.
Lesson #5	Lesson #11
Eating only when sitting at a table with your food on a plate, using utensils, etc. can be a very effective tool for modifying unplanned eating.	Increasing fiber intake can decrease calorie intake.
Lesson #6	Lesson #12
Savoring each bite of food will increase your enjoyment and may decrease your calorie intake.	Successfully eating in restaurants requires PREPLANNING.