

CONCLUSION

Welcome back. My name is April and today is our final class in the *MOVE!* program video series. So today we are going to talk about where you should go from here. Now first of all I want to talk about where some of you may be at at this point. Some of you may have viewed the videos, but feel like you are still struggling on actually making some of the changes. Some of you may be making good progress and you feel like you are meeting some of your goals, but you feel like you need to continue to work on those. Some of you may feel like you are doing extremely well. You are meeting all your goals. You have lost the weight and you have met your weight goal. In speaking about where you are at this point, what I would like you to do is first check your progress. And to do that what I would like you to do is go to the progress review work sheet on our website. On this work sheet it is going to ask you a couple of questions and what I would like you to do is at this point if you haven't already, do this exercise. You can pause the video and do this exercise and fill out those questions. It is just going to help you review how far you have come so far. Now it is not very realistic to think that you have been making all the changes that we said during these *MOVE!* videos and that you are doing them all perfectly at this point. Just take the ones that work in your lifestyle and even a few small changes are going to make big changes over time. Now let's look at one what some of the *MOVE!* program participants said about their progress and how they continue to move on after the class series to make healthy lifestyle changes.

I won't say it is easy to lose. I've done a hundred times. I lost the weight and went right back up because I didn't change my lifestyle.

The biggest thing is keeping your mindset that it is a lifestyle change and that diet is a negative it's a bad word. Diet has always been it is a goal that you want to lose 20 pounds and after you lost that 20 pounds you were off your diet and go back and you can't do that. You have to maintain it. It is a lifestyle change, like all three of us have said.

This particular program we have lost I've lost the weight, stayed on the program. I am aware of it every day. I'm disciplined now. I almost feel guilty if I do something because I am aware of it and that makes you accountable to yourself every day.

Support group does help a lot it really does. People in small communities, I guarantee there is a coffee shop with enough people in there to start a support group. Because most of the people there need it and just maybe get together and you guys be the leader, go out and start it.

None of us are guaranteed tomorrow, but like Ed said, while I'm here I am going to get full benefit and all the quality I can and that is what this program or any sensible weight loss program will do it for you.

This program here 12 weeks and it is almost like it is coming automatically now. It has been a good program for me.

How you continue at this point is up to you. So if you feel like you are still trying to work toward your goals, you can continue to view one video a week from the *MOVE!* program series. If you feel like you don't need to do it once a week, you can go to twice a week or once a month. A lot of people who we meet with in person in the *MOVE!* program find that monthly support groups after class really help them to stay on track and prevent them from gaining the weight back. So you are going to want to consider that just because 20 weeks or less than 20 weeks isn't going to be a permanent lifestyle change. You are going to want to continue to work on some of these goals that you have made for yourself to make them permanent. For more information, look at the handout that talks about the "six keys of keeping the weight off" and that will just give you some more information. In summary, you want to think about where your progress is now and review that at this point and think about how you want to continue. To stay motivated and to keep the weight off you are going to continue to keep short-term goals in mind and don't feel bad if you have to go back to doing some food records to help you stay on track.

I want to congratulate you. This is our last class and I am hoping that you are feeling great at this point and good luck with your efforts in continuing to lose weight and to keep it off.