

Can't weight to contemplate

Week 4



Information sheet

There are many social and emotional challenges when it comes to achieving and maintaining a healthy weight. One of the best ways to reduce emotional eating is to identify what triggers you to eat. Once you are aware of your food triggers you can put a plan in place to eliminate them. During **Week 4**, you will learn strategies to help you conquer the emotional barriers to weight loss. The following project goals will help you:

Make a list of affirmations as a reminder of your best qualities

Are you a wonderful and sincere friend? A good listener? Or, perhaps you volunteer your time for a worthy cause.

Find a partner, spouse or friend to share your activities and successes

A support team will make the program more fun and deepen your commitment. You can schedule walks or workouts together, share recipes and menu ideas or take turns with some of the cooking duties.

Schedule your meal times and an after-meal activity

You are most vulnerable to excessive snacking in the late afternoon and evening. Planning your meal times and activities will keep you from getting bored and thinking about food.

Reward yourself as you reach personal milestones

Rewards help support your goals and acknowledge that you're doing a great job. Consider buying new clothes or walking shoes, going to a concert, sleeping in, calling a friend long distance, pampering yourself with a massage or manicure, or giving yourself gardening or personal time. It's best not to reward yourself with dinner out.



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Information sheet *continued*

Focus on the positive aspects of following a weight management program rather than the negative images and thoughts associated with being overweight

Feeling better, having more energy and improving your health are all great rewards.

Identify your food triggers and design a plan to eliminate them

Some examples of food triggers include eating popcorn whenever you go to a movie theater even if you just finished dinner, heading for the vending machine when you see someone else munching on candy, or eating whenever you watch television.

To stay on track with your weight loss plan, try healthy alternatives, such as chewing sugar-free gum when you're tempted to indulge or eating only while at the dinner table.

Getting started

Read all the materials for Week 4

Also, take a few minutes to visit BlueAccess® for Members at www.bcbsil.com. You'll find tips on eating out the healthy way, smart snack choices and creative ideas for brown-bag lunches.

Print your Weekly Activity Log for Week 4

Enter goals you achieve on a regular basis, project goals you need to work on and develop action plans to help you meet your goals. Going for a walk to reduce stress or taking a warm bubble bath when you're exhausted are some examples of action plans that can help prevent emotional eating.

Continue using your Food Diary

You may continue to focus on a goal that you have yet to master or choose a new goal.

Keep tracking your physical activity

Do you need to adjust your program by increasing the duration or maybe add another activity for variety?

www.bcbsil.com

Don't Weight to **Feel Great**