



# Lifestyle Modification Program Guide

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For use with the AspireAssist® Aspiration Therapy System

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## SESSION 1. ASPIRATION IS THE KEY TO YOUR SUCCESS!



### Aspirating a portion of the food you eat is key to successful weight loss.

- For best results, aspirate about 20 minutes after every main meal.
- Aspiration will become faster as you become more experienced with it
- Aspirating decreases the calories you get from your food (similar to eating smaller portions) to help you lose weight and maintain your weight loss.
- Try to minimize snacking between meals.
- Remember to chew food well and drink plenty of water with meals

### The program has been designed to make aspirating as easy and problem-free as possible.

- Your clinical team is here to help
  - We will work together and discuss your progress with Aspiration Therapy along with healthy lifestyle and behavioral changes.
- Please be open and honest in discussing your progress with Aspiration Therapy.
  - Tell me your successes!
  - Be sure to tell me of any barriers (such as time, convenience, logistics, etc.) to the therapy so I can help you problem solve as much as possible.

### Tracking

- To help ensure your success with this program, please track meal aspirations in your Aspiration Journal.
  - Please record meal aspirations accurately as we will review this information each time we meet. These discussions will be an important part of our work together to help you reach your goal of successfully losing weight and improving your health.
- To help track your progress, we will chart and review your weight at every visit
- To help keep you on track, I encourage you to start weighing at home once a week and charting your weight. I will make a copy of your weight graph for you to take home.
  - Pick a consistent day of the week, consistent time, and consistent level of dress (e.g., Monday morning, undressed, before stepping in the shower).
  - Monitor any changes in weight, and make plans for the upcoming week accordingly

## SESSION 2. EFFECTIVE GOAL SETTING



### Review

#### Weight

- Review weight change since last meeting and discuss progress. Remember that weight loss is variable from week to week, with ups and downs!
- Were you able to weigh and chart your weight at home?

#### Eating Goals:

- Drink plenty of water with meals
- Chew food well
- Minimize snacking

#### Aspirations: Remember, aspiration is the key to your success...

- Review Aspiration Journal. How many days were you able to record?
- Are you having any difficulties with aspiring?
- On average, how many times a day are you aspiring? If you're missing aspiring after major meals, what is getting in the way? How can you change your schedule?
- Try to aspire about 20 minutes after eating a meal. Delaying aspiration much beyond 30 minutes makes it less effective, but it is still better to aspire late than never.

### Today's Topic: Effective Goal Setting

#### Qualities of Effective Goals:

Quality	Example(s)
Specific	"Eat more vegetables" vs. "Eat healthier"
Concrete/measurable	"Eat 4 servings of vegetables at least 5 days this week" vs. "Eat more vegetables"
Involve gradual changes, rather than large changes all at once	"Eliminate 1 snack/day" rather than "eliminate all snacking"
Allow some wiggle room	"Have at least 1 serving of vegetables at dinner at least 5 days" vs. "Have at least 1 serving of vegetables every day". (With "every day" goals, if you miss it the first day, you've set yourself up to not meet the goal.)

- As added motivation – and to recognize your hard work – it's helpful to set small (non-food-oriented) rewards you'll give yourself if you meet your goals.
- Let's set a goal for you to work toward:
  - What are some non-food-oriented rewards that would help you celebrate success with a goal? (e.g. buy a new book, get a massage or manicure)

## SESSION 3. PAYING ATTENTION TO HUNGER AND FULLNESS CUES



### Review

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#### Weight

- Review weight change since last meeting and discuss progress. Remember that weight loss is variable from week to week, with ups and downs!
- Were you able to weigh and chart your weight at home?

#### Eating Goals:

- Drink plenty of water with meals
- Chew food well
- Minimize snacking

#### Aspirations: Remember, aspiration is the key to your success...

- Review Aspiration Journal. How many days were you able to record?
- Are you having any difficulties with aspirating?
- On average, how many times a day are you aspirating? If you're missing aspirating after major meals, how can you re-structure your schedule to allow more frequent aspirations? What else is getting in the way?
- Try to aspirate about 20 minutes after eating a meal.

### Today's Topic: Paying Attention to Hunger and Fullness Cues

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- Remember that feeling full means feeling satisfied (no longer hungry), not stuffed
- It takes times for your body to respond to the food you eat and feel full.
- Try to eat more slowly, giving your body time to recognize the amount of food you've eaten. If you eat a whole meal in 5 minutes (as a lot of us do because we're so busy), you may have eaten enough to feel full but your body doesn't recognize it right away.
- Stop eating for 15-20 minutes after eating a normal portion of food. Wait to see if you're still hungry before eating any more food. Most often, you'll find that by then, you're no longer hungry, and... it's been 20 minutes – the perfect time to aspirate!
- Paying attention to the foods you eat, and savoring them, will also help you eat less food during meals. For example:
- Try not do anything else while you eat – have you had the experience of eating chips while you watch TV or while you work, and before you know it, the bag is gone and you're barely aware of having eaten them?
- Really pay attention to the taste and flavor of the food.
- Snacking Tips

- If you decide to eat a snack, choose a low-calorie healthy one, such as fruits or vegetables.
- Eating regular meals (breakfast, lunch, and dinner) will help you minimize the temptation to snack.
- Try to use feeling hungry or full as your guide for when to eat
- Often, we eat for other reasons (e.g., feel stressed; because someone offers it; because the candy jar at work is sitting there; because you crave a certain taste).
- By paying more attention to hunger and fullness, you can make better decisions about eating when you're not really hungry.



## SESSION 4. CUES AND STIMULUS CONTROL

### Review

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#### Weight

- Review weight change since last meeting and discuss progress.
- Were you able to weigh and chart your weight at home?

#### Eating Goals:

- Drink plenty of water with meals
- Chew food well
- Minimize snacking

#### Aspirations: Remember, aspiration is the key to your success...

- Review Aspiration Journal. How many days were you able to record?
- Are you having any difficulties with aspiring?
- On average, how many times a day are you aspiring? What is getting in the way?
- Try to aspire about 20 minutes after eating a meal.

### Today's Topic: Cues and Stimulus Control

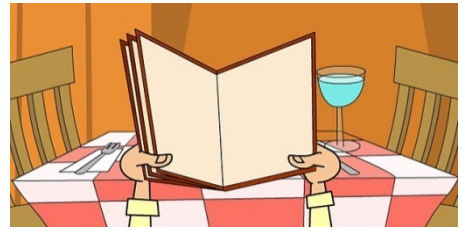
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- The environment contains *cues to eat whether we're hungry or not* – for example:
  - Food sitting out – e.g., candy dish on coworker's desk
  - Someone offers you food
  - Situations – e.g., always eating in front of the TV, so when you sit down in front of the TV, you naturally want to eat, even if you're not hungry; same with popcorn at movies
  - Set food patterns – e.g., always have dessert after dinner, so finishing dinner is cue to eat something sweet even if you're not hungry.
- One way to start breaking these cues is to try to only eat in the kitchen or dining room (or break room at work), while not doing anything else – this helps break associations between cues (e.g., watching TV) and eating.
- Stimulus control is the idea that you can *set up your home environment to cue healthy behaviors* – For example:
  - If you're trying to eat more fruits and vegetables, put them in the front of the refrigerator or put fruit in a basket on the counter so it grabs your attention.

- If you're trying to cut down on sweets, try keeping them out of your house, or put them in high cabinets where you can't easily see them; that way they don't cue you to eat just because they're there.
- Leave measuring utensils on the counter so they prompt you to measure your portions.
- Take your Carry Bag containing your Companion with you wherever you go; this will enhance your ability to aspirate wherever you are.
- Think about your home; are there any easy ways you can change your environment to encourage healthy eating?



## SESSION 5. MAKING GOOD CHOICES WHEN DINING OUT



### Review

#### Weight

- Review weight change since last meeting and discuss progress.
- Were you able to weigh and chart your weight at home?

#### Eating Goals:

- Drink plenty of water with meals
- Chew food well
- Minimize snacking

#### Aspirations: Remember, aspiration is the key to your success...

- Review Aspiration Journal. How many days were you able to record?
- Are you having any difficulties with aspiring?
- On average, how many times a day are you aspiring? What is getting in the way?
- Try to aspire about 20 minutes after eating a meal.

### Today's Topic: Making Good Choices When Dining Out

#### Difficulties Presented by Dining Out (Restaurants or Take-Away)

- Big portions – Often twice as big as people serve themselves at home.
- Lots of choices – Often include tempting foods that are high in calories.
- When you dine out, you often don't have control of:
  - Exactly how foods are prepared
  - Calories in the foods
  - Nutrition content
  - Portion size
- High-calorie foods/drinks and alcoholic drinks

#### Strategies for Healthier Dining Out

- *Be assertive! Don't be shy about:*
  - Modifications – e.g., grilled instead of baked
  - Substitutions – e.g., mixed vegetables instead of chips
  - Removing ingredients – e.g., no butter on my vegetables
  - Asking for sauce/dressing on the side
  - Asking for extras to be taken away or not brought to the table (bread, chips)

- Asking to have your plate taken away when you're full or feel you've had enough, so you won't be tempted to finish it just because it's there.
- Asking for a half-portion or to share a meal with your dinner companion.
- *Ask questions*
  - How is the food prepared?
  - What's in the sauce?
  - Do they have a light menu?
- *Limit alcohol intake*
  - Alcohol is typically high in calories and stimulates appetite.
  - Drinking too much may weaken your ability to follow your healthy eating plan.
- *Choose restaurants carefully*
  - Choose places that have relatively healthy/low-calorie options.
  - If available, review the menu on the internet before going and decide on a healthy option beforehand (*and stick to your plan*).
- *Plan ahead so you are prepared to aspirate 20 minutes after your meal*
  - Where will you be able to aspirate after the meal?
  - Whenever possible, bring your Carry Bag with you!



## SESSION 6. PROBLEM SOLVING

### Review

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#### Weight

- Review weight change since last meeting and discuss progress.
- Were you able to weigh and chart your weight at home?

#### Eating Goals:

- Drink plenty of water with meals
- Chew food well
- Minimize snacking

#### Aspirations: Remember, aspiration is the key to your success...

- Review Aspiration Journal. How many days were you able to record?
- Are you having any difficulties with aspiring?
- On average, how many times a day are you aspiring? What is getting in the way?
- Try to aspirate about 20 minutes after eating a meal.

### Today's Topic: Problem Solving

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- Problem-solving is important for weight control, especially in the long-term, because there are barriers that may get in your way as you try to develop a healthier lifestyle. For example, very busy schedule, traveling, holidays.
- When you begin a lifestyle change program, you may be very excited so you do not let barriers get in the way, but as time goes on, you may become less motivated, and the barriers may seem overwhelming or impossible to conquer.
- It is important to have a structured way to figure out how to overcome barriers.

#### 5 Steps of Problem-Solving

1. Identification of the problem – it's important to *define the problem in very specific terms* (e.g., "I'm eating too much" vs. "I'm eating a lot of junk food")
2. Creatively generating alternative solutions – come up with a list of possible solutions and *don't judge them as you go*, just be creative and come up with lots of ideas, even if they seem crazy or unreasonable.
3. Evaluation and selection of alternatives – *go through the different solutions and evaluate* them in terms of (a) would it work, and (b) is it realistic (e.g., "Hire a chef" may

work but it's not realistic). Note this is very individualized; what might work great for one individual/family might not work at all for another.

4. Try one or more alternatives – *plan ahead and try out the solution.*
5. Re-evaluation – *after a couple of weeks or so, evaluate how it went, make any necessary changes, and/or try different solutions.*

### Let's try out an example:

Think of a real problem you're having with changing your eating, physical activity, filling out your Aspiration Journal, weighing at home, or any other program behaviors we've talked about.

*Let's go through the 5 steps together:*

1. Identify and define the problem as specifically as possible:

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2. Generate possible alternative solutions without evaluating as you go:

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3. Go back and evaluate each solution in terms of (a) Will it help the problem, and (b) Is it realistic and/or possible? Cross out any ones that are not realistic and/or won't really help.
4. Choose one or more solutions to try. Put a \* next to the ones you want to try. Do any necessary planning, and put them into practice.
5. After two weeks or so, go back and evaluate how it went – do you need to change anything? Do you want to choose 1 or more different solutions? Next time we meet, we can talk about how it went.

## SESSION 7. DEALING WITH BARRIERS AND HIGH-RISK SITUATIONS



### Review

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#### Weight

- Review weight change since last meeting and discuss progress.
- Were you able to weigh and chart your weight at home?

#### Eating Goals:

- Drink plenty of water with meals
- Chew food well
- Minimize snacking

#### Aspirations: Remember, aspiration is the key to your success...

- Review Aspiration Journal. How many days were you able to record?
- Are you having any difficulties with aspirating?
- On average, how many times a day are you aspirating? What is getting in the way?
- Try to aspirate about 20 minutes after eating a meal.

### Today's Topic: Dealing with Barriers and High-Risk Situations

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*One challenge to maintaining healthy eating, physical activity, and aspiration is that barriers and difficult situations (e.g., holidays, travel) come up and make it harder to stick to your healthy behaviors. Below are some common barriers and difficult situations, as well as some possible strategies for coping with them.*

#### Situation: Unusually busy schedule or a change in your schedule.

**Solutions** usually involve making healthy eating, physical activity, and aspirating as easy and efficient as possible – for example:

- ✓ Try frozen meals. These can be prepared quickly, have some variety, and you know the amount of calories you are getting.
- ✓ If you know you will only be able to aspirate after 2, instead of 3, major meals, plan to skip snacks and aspirate after the 2 higher-calorie meals.
- ✓ Take 10-minute walks a couple of times during the day – 5 minutes away and 5 minutes back.
- ✓ Other ideas \_\_\_\_\_

### Situation: Travel/Vacations

**Solutions** usually involve avoiding fast food when traveling, fitting in some physical activity, and making good choices when dining out – for example:

- ✓ Bring food with you so you don't have to stop for fast food.
- ✓ Take a walk around your hotel, take a walk at your vacation destination, and/or choose a hotel with a fitness center.
- ✓ Before you go, ensure you have enough counts on your Connector so you may aspire consistently.
- ✓ Take a walk in the evening or during a break from your business meeting.
- ✓ Limit alcohol intake.
- ✓ Include physical activities in your vacation plans (e.g. walking or biking tour, hiking).
- ✓ Be assertive at restaurants about asking for what you want .
- ✓ Don't feel obligated to eat as much as your business associates eat at restaurants.
- ✓ Get to breakfast a bit early, so you have time to aspire and still stick to your other plans/schedule.
- ✓ If unable to aspire within 20 minutes of a meal, you can still aspire when you get back to your hotel room.
- ✓ Other ideas \_\_\_\_\_

### Situation: Parties or Special Events

**Solutions** usually involve not going to parties overly hungry, trying the foods you like but having small portions, changing holiday traditions to reduce the amount of sweets or baked goods that you have around, etc. – for example:

- ✓ Don't go hungry: eat something low-calorie before going
- ✓ Try to make the focus of holidays or parties more about socializing rather than eating.
- ✓ Focus on the foods you like but rarely eat (e.g., Aunt Sara's special dessert), and skip foods you can have anytime.
- ✓ Come prepared with a mental attitude that your relatives are not going to stress you out and cause you to engage in "stress eating".
- ✓ Stand away from the hors d'oeuvres and food tables.
- ✓ Always have a low-calorie drink in your hand so people don't offer you alcoholic or high-calorie drinks.
- ✓ Once the party is over, try aspirating even if it has been 1 or 2 hours since you last ate; depending on what you ate, there may still be some food left in your stomach.
- ✓ Other ideas \_\_\_\_\_

### Personalizing your solutions

- Do any of these situations come up for you? Which ones?
- Are there other barriers or high-risk situations that make it hard for you to stick to your plan of healthy eating, activity, and aspirating? Which ones?
- Use the 5 steps of problem-solving to help with difficult situations.

## SESSION 8. PHYSICAL AND LIFESTYLE ACTIVITY



### Review

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#### Weight

- Review weight change since last meeting and discuss progress.
- Were you able to weigh and chart your weight at home?

#### Eating Goals:

- Drink plenty of water with meals
- Chew food well
- Minimize snacking

#### Aspirations: Remember, aspiration is the key to your success...

- Review Aspiration Journal. How many days were you able to record?
- Are you having any difficulties with aspiring?
- On average, how many times a day are you aspiring? What is getting in the way?
- Try to aspirate about 20 minutes after eating a meal.

### Today's Topic: Physical and Lifestyle Activity

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**Physical activity, or exercise, is planned activity where you go out specifically to exercise, such as:**

- ✓ Exercising at the gym
- ✓ Going for a 30-minute walk
- ✓ Participating in a group fitness class

**Lifestyle activity refers to incorporating smaller bits of activity into your daily routine, such as:**

- ✓ Take the stairs instead of the elevator or escalator
- ✓ Walk or ride a bike, instead of driving, to the market
- ✓ Park further away from the entrance at work or a store, instead of parking in the closest space available
- ✓ If you walk to the same coffee shop every day, start walking to one that is 2 blocks further away
- ✓ Do active chores such as yard work

#### Benefits of Physical Activity

- Physical activity (exercise) has major *health benefits*, including:
  - Lower blood pressure

- Better blood sugar
- Improved mood
- Physical activity is also very important for maintaining weight loss in the long-term
  - It gets harder to keep up a reduced-calorie diet as time goes on.
  - Physical activity, especially endurance activity (e.g., walking, biking, swimming), helps burn calories.
  - Research studies indicate that being active is associated with successful long-term weight loss.
- What types of physical activities do you enjoy?
- Create one goal for increasing your physical activity: \_\_\_\_\_  
\_\_\_\_\_
- Remember, activity may be *divided into small (10-minute or more) amounts* – so if you set a goal to walk 30 minutes, you could:
  - ✓ Take a half-hour walk
  - ✓ Take three 10-minute walks throughout the day
  - ✓ Take a 10-minute walk in the morning and a 20-minute walk when you get home

### Benefits of lifestyle activity

- It is an easy way to increase your physical activity throughout the day.
- It does not take up scheduled time, but fits into your daily routine without planning.
- Some people are able to maintain lifestyle activity better than planned exercise:
  - ✓ Taking the stairs instead of the elevator can become a lifelong habit.
  - ✓ Parking farther away from the building or on a different floor of the parking garage
- What types of lifestyle activity do you already do?
- How could you add small bits of lifestyle activity to your daily routines?



## SESSION 9. CHANGING NEGATIVE AND UNHELPFUL THINKING PATTERNS



### Review

#### Weight

- Review weight change since last meeting and discuss progress.
- Were you able to weigh and chart your weight at home?

#### Eating Goals:

- Drink plenty of water with meals
- Chew food well
- Minimize snacking

#### Aspirations: Remember, aspiration is the key to your success...

- Review Aspiration Journal. How many days were you able to record?
- Are you having any difficulties with aspiring?
- On average, how many times a day are you aspiring? What is getting in the way?
- Try to aspire about 20 minutes after eating a meal.

### Today's Topic: Changing Negative and Unhelpful Thinking Patterns

- It may not seem obvious, but *the way you think can have an impact on your efforts at weight loss.*
- Negative thinking styles can negatively affect your behaviors – specifically, your healthy eating, physical activity, and aspiring.

Style	Example(s)	More positive thought example
<u>All-or-None/Black-or-White</u> – See everything in extreme terms; label self and/or behaviors as either perfect or bad. <i>One of the most common thought patterns we see in people trying to lose weight.</i>	<p>“I was bad this week.”</p> <p>“I had ice cream, so I failed today.”</p>	<p>“I ate more desserts this week.”</p> <p>“I had ice cream today, but I also had a light breakfast.”</p>
<u>Excuses</u> – Blame behavior on others or situations and don’t even try to make good choices.	“I couldn’t meet my goal because my husband wanted to go out to dinner.”	“My husband wanted to go out to dinner, and I can plan ahead to be sure I aspire after the meal.”
<u>Pessimism</u> – Predict only negative results for behavior change.	“I’ll <i>never</i> be able to control my weight.”	“It’s hard, but I’m working to control my weight.”

<u>Would/Should</u> – Set unrealistic standards of what you “should” do, and then feel a sense of failure if you don’t live up to those standards.	“I should be able to just resist the ice cream my son put in the freezer.”	“When tempting foods are around, it’s hard for most people, including me, to resist them; I’ll try to just have a small portion, and I’ll ask my son not to bring ice cream into the house while I’m trying to lose weight.”
<u>Negative filter</u> – Focus only on your negative behaviors, and ignore positive ones.	“I know I lost a little bit of weight this week, but I haven’t made any progress because I still get take-away for dinner way too much!”	“I still need to work on eating take-away less often, but I have cut back on snacking between meals, and it helped me lose a little bit of weight this week!”

Do any of these thinking styles and statements sound familiar? Do you engage in any of them when you are trying to lose weight?

### Ways to help change your thinking to be more positive:

- Catch yourself engaging in negative thinking styles:
  - ✓ Pay attention to your own thoughts – this is hard to do, but very worthwhile.
  - ✓ At the end of the day, look at the table above with the 5 thinking styles, and try to think back if you had any of those types of thoughts.
  - ✓ Try writing down negative thoughts you have, noticing if they have the types of extremes noted above.
- Change your thoughts:
  - Try telling yourself a counter-thought, much like the positive examples in the right-hand column above.
  - Consider whether your thoughts are logical and realistic. Have an argument with yourself – either in your head, or by writing down counter-thoughts to the negative ones you wrote down. Like any argument, you may go back and forth, for example:
    - “I was bad today.”*
    - “That’s all-or-none thinking. There’s no such thing as being all bad.”*
    - “Yeah, but I really was bad today.”*
    - “No, not every choice I made was bad. I made some unhealthy choices and a few that were healthy.”*
    - “Well, it really was mostly unhealthy ones.”*
    - “I have to give myself credit for at least not having dessert at that restaurant. Normally, I would order a big dessert even after a big dinner, and finish the whole dessert.”*

- At first, it takes a lot of effort and a lot of attention to your thoughts or how you talk to yourself. After a while, you'll start to catch your negative thoughts more easily, and get better at talking back to them.
- There are many benefits to a more positive thinking style, including:
  - You'll recognize more of the changes you are making, and give yourself credit
  - You'll try harder to keep changing your behavior, rather than giving up
  - You won't let one slip (e.g., going way over your calorie goal one day; missing aspiration after one meal) become a pattern; instead, you'll find it easier to get right back on track
  - You'll feel better about yourself and your progress

## SESSION 10. STRESS MANAGEMENT



### Review

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#### Weight

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#### Eating Goals:

- Drink plenty of water with meals
- Chew food well
- Minimize snacking

#### Aspirations: Remember, aspiration is the key to your success...

- Review Aspiration Journal. How many days were you able to record?
- Are you having any difficulties with aspiring?
- On average, how many times a day are you aspiring? What is getting in the way?
- Try to aspirate about 20 minutes after eating a meal.

### Today's Topic: Stress Management

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- Stress can affect your weight control efforts in a few ways:
  - *Stress eating*: Some people eat to cope with stress
  - *Time and Attention demands*: Stress can take up a lot of time and energy, making it harder to plan, shop, cook, aspirate, etc.

- What are your main stressors right now?

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- What are the main ways you cope with your stressors?

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- How does stress affect your eating and aspirations? Everyone is different.
  - Less time for Aspiration Therapy?
  - Less time to shop for healthy foods?
  - Do you tend to be a stress eater?
  - Other effects? \_\_\_\_\_

- Some positive ways to cope with stress:
  - Relaxation exercises, such as progressive muscle relaxation, deep breathing, imagery (e.g., closing your eyes and picturing a relaxing place) – you can buy stress management books or relaxation tapes to guide you through the process.
  - Use problem-solving to come up with ideas to cope with stressors.
  - Do nice, non-food-related, things for yourself – some suggestions might be: buy a book you’ve wanted to read, flowers for your desk, take a hot bath, go for a drive in the country, do a leisure activity you love but haven’t done in a while.
  - Do moderate exercise – this tends to improve people’s mood and help them feel more relaxed and less stressed.
  - Make healthy eating more efficient so you can still do it even when you have less time. Examples include eating frozen/pre-prepared meals, buying food that is easier to use (e.g., pre-cut vegetables).
  
- Is there anything you want to try out to help you cope with your stressors?

LAST PAGE