

A New Beginning . . . Moving Beyond this Season of FWSW

All participants have had success this season. Whether it was losing weight, learning to enjoy exercise, learning to incorporate sound nutrition guidelines, or learning to overcome emotional eating. How participant's move on from their season of the FWSW program to a new beginning will depend upon what their new goals will be:

When a participant is *not* at goal: Whether they had a goal larger than 50# or lost at a slower rate, not every participant completes their goal during the 15 weeks. For those who fit into this category, they are encouraged to continue the program until they are at their goal:

- 1) Continue exercise: whether they decide to meet alumni at Spiece or exercise on their own. For individual guidance, participants can check with Rick or E.J. For public participants following the program through the website, please seek out a certified personal trainer.
- 2) Continue meal plans: If there will be any changes to workouts, then there may need to be a change made to the calorie level of a meal plan. For individual guidance, participants can check with a FWSW Dietitian. For public participants, please seek out a Registered Dietitian.

When a participant *is* at personal goal:

- 1) Continue exercise: Several participants at this level decide to drop from 2 workouts per day to one. For those seeking to change the ratio of cardio & resistance training, please check with Rick or E.J. For public participants following the program through the website, please seek out a certified personal trainer.
- 2) Meal plan changes: calorie levels may need to be adjusted based on Tanita info (BMR) & plan for exercise. A Registered Dietitian can also help with incorporating more "flexibility" into a new meal plan.

For **ALL** participants:

- 1) Continue practicing behavior change techniques. Look back over all 4 behavior modules. What has become habit; what hasn't? For individual guidance, participants can contact Sonja. For public participants, please seek out a Licensed Mental Health Counselor.
- 2) FWSW alumni are encouraged to attend weigh-ins by Rick. Public participants are encouraged to find social support for accountability.

Maintenance:

As alumni will tell you, maintenance is not easy; it is a new challenge. If you have read that it is near impossible to keep weight off after losing, I encourage you to check out the National Weight Control Registry. It is full of stories of people who have lost at least 30# & kept it off for at least a year. Some of you may eventually be able to join as a member! While Season 9 participants are now alumni, not everyone becomes a mentor. FWSW staff hope alumni try to become mentors. Lastly, if participants start to struggle post-program, they are encouraged to reach out to alumni or Rick & Tina – **sooner rather than later!** (Public participants are encouraged to engage their social support)

**Do not let a struggle snowball into a relapse!
You have all worked too hard!**