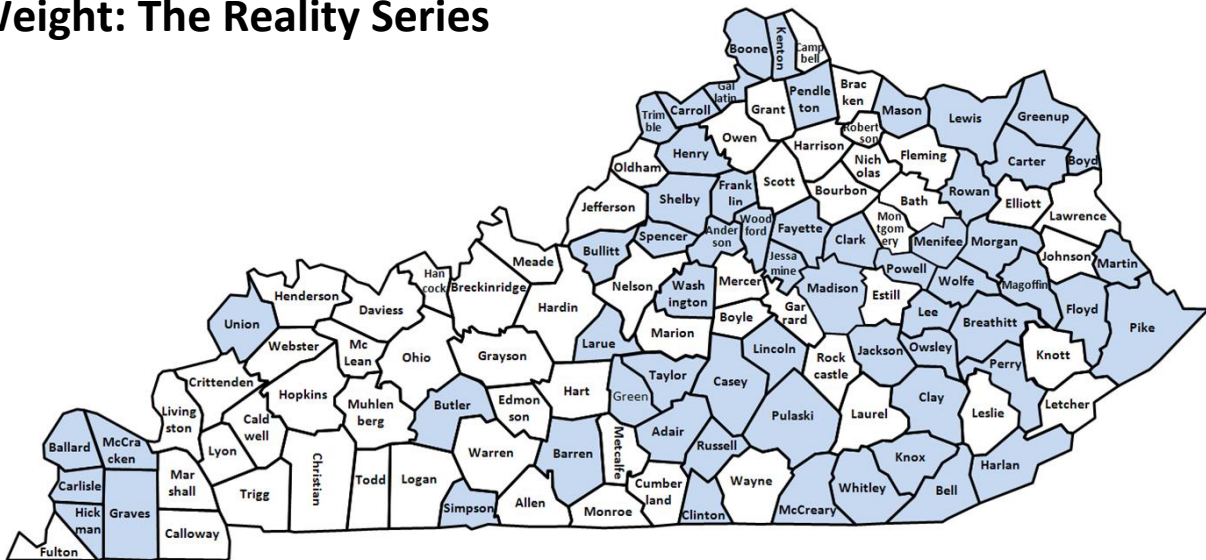


Weight: The Reality Series



“Weight: The Reality Series” is a weight reduction program that was offered 130 times in 60 Kentucky counties with 2048 taking part. Over one-third of participants succeeded in losing 5% or more of their initial weight during the program.

Participants averaged 6.5 pounds loss and those with a waist reduction averaged nearly 2 inches.

Of the 25 behavioral changes measured, those that were considered most effective by the successful participants were:

1. Measured and controlled portions
2. Becoming more active during the day
3. Keeping a journal of what and how much you eat and your activity level
4. Walking at least 30 minutes 5 days a week
5. Drinking more water
6. Develop a support team of family, friends and co-workers

Weight - the Reality Series 60 Counties Reported Participating

- 130 How many times this program year did you offer Weight - The Reality Series?
- 2048 How many participants did you have in Weight - The Reality Series?
- 723 How many participants succeeded in losing 5% of their initial weight during the program?
- 6.5 **pounds** What was the average loss per participant in the program?
- 452 How many participants succeeded in reducing their waist circumference?
- 2 **inches** What was the average waist reduction for all participants?

What were the most effective behavior changes (from the "Design Your Plan" form)?
 ("most effective" means those behaviors used by the people able to lose 5% of initial weight)

- 1) **Eating** (total checked)
- (53) measured and controlled portions (required in Phase I)
- (19) controlled carbohydrate (limit to 80 to 100 grams per day)
- (34) controlled fat (limit to 40 to 50 grams per day)
- (30) 8 to 10 servings fruits & vegetables (non-starchy) each day
- (33) eat at home or prepare homemade takeout for most of the weeks meals
- (42) eat breakfast daily
- (42) limit size of dinner portions

- (25) include 2 low fat dairy foods and 1 regular dairy serving each day
- (50) drink more water
- (32) eat from smaller plates, bowls, and utensils

2) Activity (total checked)

- (51) walk at least 30 minutes a minimum of 5 days a week
- (28) at home, walk or run on treadmill
- (34) watch exercise, walking or yoga videos and do at home
- (53) become purposefully more active during the day.
- (17) do strength training at least 3 times a week
- (27) be active with a hobby like dancing or gardening at least 3 days a week
- (8) train to develop your ability to run, bike, or play a sport regularly
- (4) work with a personal trainer
- (24) join a group activity (water aerobics, Jazzercise, etc.)

3) Support (total checked)

- (51) keep a journal of what & how much you eat, your activity, and your thoughts (required during phase I)
- (45) develop a support team of family, friends, co-workers
- (34) find another participant to become your partner for support
- (23) journal regularly about your relationship with food and weight
- (14) begin practicing yoga or meditation
- (34) read books or online information to learn more about weight management