



2-MINUTE

Individual Module Summary

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PATIENT VERSION



Find out which module(s) are most relevant and repeat/review them often.

In this resource are two-minute summaries of each of the eight modules. Together, the eight modules comprise a comprehensive behavioural weight management program and represent a knowledge translation of the 2020 Canadian Obesity in adults clinical practice guidelines - [Psychology and Behavioural Chapter](#)



Weight Bias and Stigma

Struggling with weight is a real condition that is mostly genetic, is centred in the brain, is strongly influenced by the environment and is progressive. Would you consider that past weight loss efforts were difficult not because of some flaw in your character, a lack of willpower or motivation, the wrong diet or not enough activity, but instead because you were struggling with a real condition untreated.

YOU will learn that three treatments exist for this condition. A **behavioural treatment** at the foundation while often, safe and effective **medication** may be added, and safe and effective **surgery** may be added as well.



Expectations

YOU will learn why weight loss naturally slows down and eventually plateaus in any weight loss effort or intervention.

YOU will be invited to consider this point as your '**BEST WEIGHT**'— the weight you arrive at when living your healthiest, most enjoyable lifestyle that is at an effort level you can sustain.

YOU work on finding your healthiest, most enjoyable and sustainable lifestyle and then your brain and body will tell you where that lifestyle lands you. This is called your **BEST WEIGHT**.



Calorie Deficit, Diet and Exercise

At its most basic level, weight gain occurs when calorie intake exceeds calories expended. The reverse is true about weight loss. However, this math changes in predictable ways when the brain detects fat loss (think GateKeeper), and in response increases appetite and decreases metabolic rate to favour weight regain.

What if there were clearly no best diet for weight loss. What if exercise alone were generally ineffective at promoting significant weight loss. Could you consider finding your “best” diet and your “best” exercise levels with best defined as the healthiest you can maintain that is still enjoyable?



Values

Managing weight is a lifelong pursuit needing sustained effort. **YOU** will be asked to consider “what are the things in my life that are meaningful enough to make me willing to maintain a sustained effort?” These meaningful reasons are called values. They serve as a key source of intrinsic motivation and you will be asked to:

1. clarify them, and
2. regularly reflect on them.



Wanting

WANTING is the non-conscious motivation to **GO AND GET** food (for our ancestors that meant hunting and gathering) that directly results in calorie intake above what is needed. You will be invited to discover that there are patterned settings and times at which you are subject to **WANTING** and therefore at greater risk of overeating. You will be asked to consider characterizing and potentially riding out **WANTING**.



Restraint

The process called ‘restraint in moments of **WANTING**’ is the key behavioural attribute of those who lose weight and keep it off. **YOU** will be invited to discover that automatic thoughts occur in moments of **WANTING** that give permission and justification as to why you should eat or overeat.

YOU will be asked to learn your automatic permission thoughts and ultimately challenge or displace these permission thoughts. Changing these thoughts is the mechanism of sustained adherence to changes in behaviour that land you at your best weight.



Modulators

Working to find your best weight is tough enough. Unfortunately, certain 'internal states' can make this process even more difficult. **YOU** will be invited to examine how your success can be adversely affected by stress, fatigue, depression, anxiety, ADHD, alcohol use and inactivity. These all can 'modulate' your risk of overeating. Then you will learn what you can do about these appetite system modulators.



Resilience

Every successful path to a **BEST WEIGHT** includes setbacks. You will learn how negative thinking seeded from past weight loss struggles may sabotage your current ability to withstand setbacks. You will be invited to discover, challenge and ultimately change automatic thinking in these moments of setback and again learn that changing your thinking is the process that underlies sustained behavioural change.



Would you consider reading more about these subjects?

Please also see the **5-minute summaries** and the **20-minute comprehensive versions** of these modules.





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