

# LEARN Overview

- **LEARN** focuses on long-term, permanent results
- **LEARN** provides the combined lifestyle therapy outlined in the *Clinical Guidelines*—diet, physical activity, and behavior modification
- **LEARN** is based upon the guiding principles of behavior change—provides knowledge, teaches skills, and enhances motivation

## LEARN Program Skills

- **Stimulus Control**  
Keep problem foods out of sight (Lifestyle)
- **Develop Social Support**  
Exercise with a partner (Relationships & Exercise)
- **Problem Solving**  
Identify triggers for eating (Lifestyle)
- **Counter Negative Self-Talk**  
Stop dichotomous (light bulb) thinking (Attitude)
- **Cope with Negative Feelings**  
Use alternatives to eating (Lifestyle)
- **Relapse Prevention**  
Cope positively with lapses (Attitude)
- **Self-monitoring**  
Keep a food and exercise diary (Lifestyle, Nutrition, and Exercise)  
Use a step counter (Exercise)  
Record daily caloric intake (Nutrition)
- **Goal Setting**  
Set realistic goals (Attitude)
- **Reward Positive Behavior**  
Reward your partner (Relationships)

## LEARN Focuses on PERMANENT Lifestyle Change

- **LEARN** incorporates dietary change principles
- **LEARN** teaches key lifestyle-change principles to help individuals increase their physical activity
- **LEARN** is a comprehensive behavior modification program
- **LEARN** is flexible and can be tailored to a person's unique lifestyle and needs
- **LEARN** is the most scientifically tested weight management program available
- **LEARN** can be used in conjunction with other interventions/therapy

## What is Expected of LEARN Participants

- Weigh-ins
- Read assigned LEARN lesson each week in advance
- Complete homework assigned in class and in LEARN lessons
- Keep Monitoring Forms
- Attend meetings and actively participate in the problem-solving process
- Participate in group discussions

## Typical Session

- Weigh-in before meeting
- Review Monitoring Forms
- 10-minute review of assigned lesson content
- Group discussion/problem solving
- Special activities

## LEARN Facilitators

Janice Cain, PhD	608-252-8226
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## LEARN Weekly Lesson Plan

<b>Lesson #1</b> THE #1 Indicator for success in weight management is...RECORD KEEPING	<b>Lesson #7</b> The foods we buy may be influenced by others in the household (but my kids really like that, my husband/wife wants it).
<b>Lesson #2</b> Use your food diary to identify your eating patterns.	<b>Lesson #8</b> Out of sight, out of mind may help decrease impulse eating.
<b>Lesson #3</b> It is important for each person to identify his or her "triggers."	<b>Lesson #9</b> Take time to review those food the changes you have made in your life over the past few weeks.
<b>Lesson #4</b> Conquering cravings may take time and multiple strategies.	<b>Lesson #10</b> Family support can be very important to your success.
<b>Lesson #5</b> Eating only when sitting at a table with your food on a plate, using utensils, etc. can be a very effective tool for modifying unplanned eating.	<b>Lesson #11</b> Increasing fiber intake can decrease calorie intake.
<b>Lesson #6</b> Savoring each bite of food will increase your enjoyment and may decrease your calorie intake.	<b>Lesson #12</b> Successfully eating in restaurants requires PREPLANNING.

To get started, visit [www.deancare.com/weightmanagement](http://www.deancare.com/weightmanagement) and click "Get Started"