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
Paul Greblo, PhD   (608) 824-4607
Lisa Rambaldo, PhD   (608) 260-6385
William Stewart, PhD   (608) 252-8226

LEARN Weekly Lesson Plan

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