

Course Name: Adolescent Health and Well-being: A Holistic Approach

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Lecture: 16

Lecture 16 – Behavior Modification for Weight Management

Hello everyone, welcome to a new class that will be on Behavior modification for weight management. It is a very practical class, actually the theoretical part even if you forget, but the gist of this class you should remember for your whole life. Then not only during the period of adolescent you can achieve your adequate weight, but also you can maintain that weight for your whole life. Not to worry about the non communicable diseases in your later life like obesity, diabetes, hypertension and lots of other cardiovascular diseases. In this class I will try to cover the concept of behavior modification, different types of behavior therapy, comparison between the group therapy and the individual therapy, trans theoretical model of change and various behavior modification methods. Consider certain keywords like behavior modification, cognitive behavior therapy, trans theoretical model, self-monitoring, stimulus control and problem solving.

So, let us have an idea what is behavior modification, just try to remember the simple meaning of this. Modification of your behavior that means, it will change your day-to-day activity. Whatever you are doing in your daily life you have to change that thing in such a way that you can achieve your adequate body weight and ultimately it will be helpful to maintain that body weight for your whole life. It includes the analysis and modification of relationship among the stimuli behavior and consequences. And in this method or in this therapy you can say cognition and emotions we use as the stimuli for behaviors and later on the consequences.

Now, here are the behavior modification in the treatment of obesity or overweight you can say, but the behavior modification I will tell you in this class that is not only for the obese people. Even if you are not obese you have the normal body weight you have normal BMI then also you can follow these tips. So, that you can prevent the obesity or overweight in your later life. So, what is the thing or what are the characteristics of this behavior modification as a therapy of obesity. What we do actually we make it easier for them to modify their dietary habits, improve their physical activity level and create a negative energy balance and weight loss. I have told you already that you have to make your energy

balance negative that means, what are the energy you are taking by food that should be lesser than your expenditure of the energy, what you are doing in your day-to-day physical activity. Now, here are the two assumptions that obese people they have maladaptive eating habits and they have lack of physical activity. Whereas, you will do some specific interventions so that they will modify these maladaptive behaviors and ultimately lead to weight loss. So, here is the specific works means you have to concentrate on these two three things that you have to make a clear and miserable goal for your client or for your patients rather you can say that the person who is obese. And the process orientation is required to identify the method for changing of their maladaptive habits and focus on small changes rather than the more substantial change like focus on how can you reduce 500 grams of your weight in next 7 to 10 days. Not to think about you have to reduce 20 kg of your weight when you are 90 kg. Now, you want to reduce your body weight as per your height and your ideal weight is 70 kg. You have to reduce 20 kg now. From the very beginning if you think that I want to reduce that 20 kg in next 1 month, it is not possible. Just go for small steps try to think about that I have to reduce 500 grams in 1 week. Then only it will be easier for you to cope with all the habits, all the physical activity. All the eating habits you have changed that will take place gradually in your day-to-day life and it will be easier for you to reduce the body weight.

Now as there is advancement of the technologies, we have different generation of the behavior therapy. The first generation is basically the traditional therapy here those things are based on the social learning and directed on over change. They mainly include the self-monitoring stimulus control and goal setting whereas, it lacks the adequate technology to address the cognition of that person. Now, coming to more advanced stage that is the second generation where we are dealing with the cognitive behavior therapy. It targets the cognition and the emotional changes of the individual. It identifies the negative and automated thoughts and that replacing them with the positive thinking. Next is the third generation. So, we are in the advanced stage. Definitely there is some advancement in the therapy. Yes, it includes the newer techniques like mindfulness, acceptance and commitment therapy, the dialectical behavior therapy and the mindfulness based cognitive therapy. Here what we actually consider that these emotions are not the independent variable rather they are taken care as a dependent variable.

Now, here is a format I am giving you just try to remember these things whenever you are making a behavior modification program. You can give individual care or you can prepare for group therapy depending on the choice of the person you are giving the care. The frequency will be once in a week and if you are giving the group therapy then your group will consist of 15 individuals. Initial weight loss period you have to think about for 4 to 6 months afterwards you will do the maintenance phase and in the maintenance phase the duration will continue for 6 to 7 months. The session you can take for 60 to 90 minutes not more than that and not less than that. Individuals in this group should not shuffled in different groups and all along the treatment he or she should stay in the same group. And whenever you are starting the new session just go through the previous days material and do some homework. So that when you are dealing with the newer need or when you are

dealing with the different set of activity you have to plan that will be beneficial for you. And whenever you are thinking of a behavior modification program then you need a team consist of different multidisciplinary members. You need a nutritionist, exercise trainer, a physiologist and behavior therapist. All those have a distinct role in a definite behavior modification program.

Now, comes the difference between the group therapy and the individual care. Definitely in case of individual care it is expensive because you are giving 1 to 1 therapy. Whereas, when you are giving the group therapy you are giving a 10 to 15 people treatment at a time. So, it is cost effective. Individual care is less popular and group therapy is more popular because in case of individual care participants usually have less or no social support. Whereas, in group therapy definitely people are in a group. So, there is a more chances of having the social support from the members of the group even if they are not getting support outside that group. And we have seen and it is evidenced that participant who are getting the individual care they are losing less weight than the participants who are getting the group therapy. Because in the group therapy people are more motivated to continue his or her activity.

Now here is the trans theoretical model of change. In this model actually we will show different stages. It is the most frequently used approach of behavioral modification. It is developed by Prochaska and Diclemente in the early 1980s. So, not very early that this model has been come in our medical field. What this model actually tells us? See the different stages. You have to assess your patient or you have to assess your client in which stage he or she belongs to. And depending on that your action will be changed. So, the first is the pre contemplation what is the meaning of that? That means, that person has no intention to change or refusing to consider losing the weight. What we you will do here? You will raise awareness and you will motivate them to think about the need for change. Next phase is contemplation where people are considering a weight loss attempt but they are just thinking. You have to encourage the individual to act on that decision as well as the consolidating the self-efficacy that is very important. Now, the people or the client is in the stage of preparation they are making plan to lose weight. So, your work will be to reinforce that commitment and help creating an individualized action plan. Now, the next is action. So, the person is actively involved controlling the behaviors like the eating behaviors or he has improved physical activity. So, what is your task here? You will just confirm the commitment to the change. Now, the person is in the maintenance phase. So, he is doing the physical activity regularly what he is needed to lose the weight and also, he is in the phase of establishing newer healthy eating habits. Just the continuation of the changed weight control behavior. So, your work is to avoid the relapse and strengthen the achievements made at the previous level. Now, many of the time we have seen that even if they have done lots of progress in changing their eating habits or even if they have lots of progress in changing their physical activity pattern there is relapse. That means, there is reversion of their adverse behavioral pattern and weight regain, it is not very unnatural. So, what you have to do? You have to emphasize to return on the previous plan and on the reinforcement of the self-efficacy. So, before starting your counseling or before starting your intervention

just assess that in which stage your client is falling. The first thing is that you have to set your goal and that goal should be on the calorie intake and also the physical activity. So, this should follow the SMART criteria. What are the SMART criteria? The S is for specific and this specific goal is based on the patients' needs instead of providing a general goal. Next is the measurable, definitely whatever goal you are giving to that person that that is for assessing the progress of the patient towards success. And it should be attainable because it will motivate and increase the adherence to the program. It will be relevant because it will encourage to participate in the treatment actively and you have to think about the time. You have to set the time frame from achieving the target. Here is an example that what you can tell to your client that is a goal of 10 percent weight loss over 24 weeks. It is been evidence in different study that majority of the people can follow this goal. Even if you are thinking that the 10 percent is very less and 24 weeks' time is very long time, but you have to give time to the person to adapt the newer lifestyle.

Now, here is a structure of a behavior modification program. You can take 8 to 9 session you can change as per your need. You can change it according to your need. So, the first session you will just orient the patient to behavior therapy. Just you have to make the settings or you have to make the person ever that what you want from him or her. Then you assess the concern of the person that why he or she is not ready to lose weight or why he or she want to lose weight, but there are certain barriers that he or she wants to overcome, but he or she is unable to overcome. Those things set an initial treatment plan and goals, but you will not give the intervention on the first session. Now, again in the second session you will go back to your home you follow all those things at your home like you are doing homework on your next session and come to the next session and assess the concern again. Then you can set your goals or if you are thinking that you are ready and the client is ready then you can begin your intervention technique. Now, in the third one you can begin intervention if you have not begun your intervention in the earlier session. If you have begun then you have to continue. In the fourth session you are continuing the same intervention technique, but you have to reassess your goal and treatment plan. Fifth again you are refining your intervention technique, in sixth you have to do the follow up and coming to the seventh session, you will continue intervention technique and also you have to discuss that how this session or this therapy you are going to end or you are preparing some changes. Now, the last session you will close the treatment and you will tell that what are the maintenance of the habits, he has to follow in the coming days. It is a complete behavior modification program, but maybe you will be needing these things in some frequent interval. You will do these things for 1 month or 2 months then again you will give a 2 months or 3 months gap then again you will need another 1 month of this behavior modification program until your client is getting the desired body weight.

Now, here are certain behavior modification methods we will discuss in detail. Those are self-monitoring, stimulus control, social support, cognitive behavior therapy, mindfulness and acceptance strategies, stress management, relapse prevention and problem solving. Let us have a look one by one. So, first one is self-monitoring it is nothing, but you have to monitor your own dietary habits and your own physical activity. So, you have to record your

day-to-day food intake and you have to record your physical activity. What we have seen that whenever people are making their food records there are certain underestimation that I am taking less fat, I am taking less salt and whenever I will tell that I am doing exercise maybe I am doing the exercise of half an hour, but whenever recording it, I am doing exercise for an hour. So, it is a habit of a person to overestimate their physical activity. But even if the data is not accurate, but you have to believe in some of their records and those records are in the food records. They have to take the type of the food consumed, the total calorie intake, number of servings of the food substance and coming to the physical activity. Like type and duration of the exercise, number of the steps per day measured by a pedometer. Why I am telling this that even if these data are inaccurate you have to take those data or you have to believe in such an extent because it will allow the participants to understand the effect of their lifestyle choices that how much they are progressing in changing of their habits.

Now, coming to the stimulus control that means, you have to change your environment. So, you have to change your unhealthy eating or overeating and the sedentary behavior whereas, increase the cues of healthy eating and physical activity. So, what you can do? You can modify your home and working environment, you can modify your meal time environment. You can manage your daily food. Remember some norms while you are eating out and social eating, you can increase your physical activity and you can develop a healthy attitude. Let us have a look how can we change our surroundings. First, we will start from our home. So, whenever you are taking meal try to take that meal on the dining table always not to eat while watching television, reading, cooking, talking over phone, standing at the refrigerator or working on the computer because these things are distracted and you will not be knowing that how much quantity you are taking. Keep tempting foods out of your reach or out of the house do not buy them and even if you are buying even, you just put that thing out of your sight, you can put that thing at the higher self of your kitchen. So, that whenever you are thinking that I am craving of that chocolate or I am craving of that cookies Let us leave because that is on the higher self and my hand will not reach there. So, that you can avoid that high calorie food at the time of your craving. Unless you are preparing a meal stay away from kitchen.

So, these are certain tips, you will get more tips in this course that you can change or modify your environment, but definitely try small steps, try small changes in your environment. So that it will be very much helpful for maintaining your weight.

Now, the working environment. It is a genre where we spend 8 to 10 hours at our working place even some of you may be spending 12 to 14 hours. So, the most active time of the day you are spending in your working place. You are taking meals maybe you are taking all the meals at your working place. So, what you have to remember? You need to remember that do not eat at your desk or keep the tempting snacks at your desk. Even if you are hungry try to take those meals or try to take those snacks from home. Do not buy whatever available near you, do not buy the junk food what is available near the shop of your office. During the breaks just go for a walk instead of eating because many of the people who are overweight

or obese even if they are telling I do not take too much of meal at a time, but they take snacks in between meals very frequently and they do not know how much they are taking. Even if they are working in the office and side by side they are eating, they are not feeling that they are taking the meals. And another thing is skipping meals slow down your metabolism and it will result in over eating in the next meal. So, try not to skip meal. it is very difficult, but try to follow these things. If food is available for special occasion, we have a natural habit that whatever we are getting try to have it because it is a special occasion. So, here my suggestion that pick just the healthiest item, just think about that whether there are any salads, think about whether there are any nuts or some low-fat snacks which are brought from the home. You can modify this way. These are certain tips I am again telling there are lots of other changes you can make, but this is some practical things what I do in my office. That is why I am telling these are very helpful to control your weight. Now, next is the control your meal time environment. That means, whatever you are taking a meal, fill half of your plate with vegetables and quarter with lean protein and quarter with carbohydrate.

I have already told in my previous class that now a days it is the idea of my plate concept. When you are filling your plate that time always thinks half of the portion of that plate. That will be vegetables and fruits and half will be the lean protein and half will be the carbohydrate. Here is some advice and take the smaller plates bowls of glasses because whenever you are taking a large amount in the smaller plate then it will look very large. So, you have a thought in your mind "oh my god I am taking lots of food", but actually you are taking less, but if you take a larger plate then it will look a very small amount.

Now, limit your portions of food to one scoop of serving or less and whenever people are giving you the second serving rightly just refuse. And another thing that do not put the serving dishes on the table because if it is on the table then sometimes you will feel that dishes are here then take some food on that and I will take, but try not to put that thing on the table, try to put the dishes in the kitchen away from your sight. Now, you can manage your day-to-day food preparation, day to day food shopping or you can manage the storage of the food also. One thing what you can do replace the eating with another activity that we are not associated with food and wait for 20 minutes before you are craving or if you are thinking that I want to have that thing. And drink a large glass of water before eating because that will decrease your appetite to some extent and always have a bottle of water with you to drink throughout the day. Avoid high calorie and add-ons like we have a habit to take the cream in our coffee or butter, mayonnaise and salad dressing in our food. So, try to avoid those things because those are just increasing your calorie intake. May be those are delicious or may be those are palatable for you, but the thing is whenever you are adding those top up just you are increasing your calorie intake. Now, whenever you are doing shopping, you remember first and foremost thing is not to shop when you are hungry or tired. Shop from a list you made at home because whenever you are not taking a list with you that time what you will do? Whatever coming in your mind you will take that thing. May be that is not required for you, may be that is not that will increase your calorie intake, but

just that is why you just think at home that yes, I need these things. So, you make a list and go to the shop shopping mall and take the foods whatever you are needing.

Now, try to avoid those food which are high calorie and if you have a craving of those food when you are buying. just buy the individual size package and try to find a low-calorie alternative. Do not taste in the store and read the food levels because whenever you are gaining some knowledge that yes, I need to have less salt, I need to have less trans-fat, I need to have less cholesterol, just go through the levels and make the healthiest choices. Now, coming to the preparation of the food. What you will remember when you are preparing the food use a quarter spoon when you are tasting the food. Do not think that I need to eat excess when you are feeling satiety and are thinking that I do not want to waste the food. then you just refrigerate it for your next meal and do not snack while cooking the meals.

Next is what you will remember whenever you are eating? Eat slowly. Why eat slowly? because stomach needs 20 minutes time to send the message to brain that I am full. So, if you are not waiting then you are you are giving a fake signal to the brain that I am hungry. So, whenever eating just eat very slowly. Ideal way is to take a bite and put your utensil down. Take a sip of water. Cut your next bite, take a bit, put your utensil down. So, this is a sequence and you have to follow this sequence. Sometimes vary in every step, but the thing is it is very easy to say right. I will tell you that even if you are feeling difficulty in the first time try to follow these things because eating slowly will helpful for your digestion and also you will take less calorie than you usually take whenever you are grabbing the things very early. Take small bites and chew food well. Stop eating for a minute or at least once during the meal. Take a break and do conversations with your peers or with your friends or with your parents. So that you will get time to chew the food very well.

There are certain norms you should follow during the time of eating. Now, there are certain things you should remember when you are eating outside or there is some social eating. Usually what we do if we are thinking that yes, I have a party at the evening what we usually do not take meal for whole day. Maybe we take some biscuits, we take some tea and we think that yes there is a party we have to take lots of food in that party. If you do that thing then definitely when you will arrive in that party you will take more and more high calorie foods because you are hungry, you will feel that whatever is there in the party you will take all those things. But if you are full, you will go there you will see for the healthy choices like the salads, like the peanuts, even some homemade foods you will go for those choices.

And, but if you are hungry then definitely you will not go for the choices whatever there in the plates or whatever there is available you will grab everything. So, do not arrive in a social gathering or social eating hungry and do not skip meal in the whole day to save the room for that special event. So, in that way you can cut down your calorie intake even if you are taking meal outside. If you are going to that party you have to fill up the low calorie foods such as the vegetables, fruits and eat very smaller portions of the high calorie foods. And, eat foods whatever you like, but very small portions. And, if you want the second I

have told you just wait for 20 minutes and think that yes you are really hungry or not. If you are not hungry just you want to have the craving of that food because you do like that food very much just it will increase your calorie intake nothing else. So, wait for 20 minutes and think about that yes you are really hungry or not. And, limit your alcoholic beverage. Try to take some soda with lime because definitely that will cut down your calorie intake.

Not only the eating habits you have to change, you have to change your day-to-day physical activity. So, definitely you have to take regular exercise of that 1 hour and make the exercise a priority and planned activity in the day. If possible, you just walk the entire or part of the distance to work and go for walk with your colleagues during 1 hour in your break or you can go to gym, you can run or you can take a walk with your friend or you can walk in the mall with the shopping companion. So, wherever is possible for you just go for work because that will also increase the duration of your physical activity. And, try to park at the end of the parking lot. So that you will get an opportunity to walk to the store or the office entrance even if your office is far away from your home then you have to take the car. But, try to put that car at the little bit distant away from the office so that you can walk. Always take stairs of the way and at least the part of the way to your floor. If you have desk job then walk around the office very frequently after half an hour. And do leg lift exercises while sitting at your desk and also do something outside at the weekends like hiking. So, all these things I am now telling that will increase the physical activity that means, not only concentrated on 1 hour activity. Whenever and wherever is possible just increase your physical activity, just try to walk. Even if the stairs, that 10 to 15 stairs you are taking when you want to reach your office that will also be helpful if you are doing that thing every day. Remember these things that you have to be active whatever you are doing. If we have to sit for long for our activity maybe we are doing some computer job, maybe we are doing some desk job we cannot move around for a long time. But, just try or make it a habit that after half an hour you are moving in a around in your office. So, that the blood circulation will be definitely increased in your lower limb and also that will increase your physical activity level. And, your energy balance that what I have told the intake of food and the energy you are taking from the food and the energy expenditure you are doing your physical activity that balance you can maintain in your day-to-day life.

And finally, a healthy attitude. So, whatever you are doing, your attitude is very important. If you are thinking that yes, I have to be healthy, yes I have to decrease my body weight, I am not telling that you want your external appearance to be very fascinating. It is definitely when you will lose your weight you will gain confidence, whatever you are doing, whenever you are speaking whenever you are doing any activities people will look at you. Yes, you will become more attractive, you will become smarter. So, just remember those things that if you lose weight, if you become healthy then definitely that will change your day-to-day life or that will change your working environment.

So, be realistic. Have a goal to achieve a healthier you, not necessarily the lowest weight or the ideal weight based on the calculations. Because, definitely we need to have that ideal body weight or we can make the target of that ideal body weight what I have told you and I

have shown you in that WHO growth chart. But do not jump on it on the on the very first occasion just try to remember that for the first week you have to reduce 500 gm then you have to increase your physical activity, you have to modify your eating habits more and more. So that you can lose another 500 grams in the next week. And whenever you will progressively decrease your body weight definitely you will have a good feeling and also your body will be accustomed with that less weight of your muscle mass and your fat. So, even if it is very difficult for the first time, but just stick to your diet plan and stick to the physical activity. And I will tell you that try or go for the healthy eating style what I have told you that take more vegetables, more foods and take less calorie dense food, but do not go for dieting. If you go for dieting that will not last for long. You can reduce your weight 2 kg 3 kg or may be that 5 kg, but after certain time you have the craving and you will go back to your previous lifestyle. It is been evidenced. So, try to follow the healthy lifestyle and think long term. I will tell you do not think that today I am starting my new eating habit I am changing my eating habits and today I am doing some exercise and tomorrow I will be very slim and my weight will be adequate as per my calculations. It is not like that. Think that after 6 months or after 1 year you can achieve or you will achieve 25 percent of your target body weight and it will be helpful for you. Do not go for very short-term success and think for long term success and whatever changes you will made in your lifestyle that you have to continue for your whole life.

Now here are certain methods of behavior modification those are cognitive behavior therapy that actually improve the unhealthy beliefs and habits to make the healthy lifestyle changes. It involves the cognitive restructuring and also the behavior therapy program. So, what is there in the cognitive restructuring, it is actually help the obese people as they have very poor self-esteem for their body image and for that they may suffer from significant depression and psychological disturbance. And this cognitive restructuring they are helping in because they will help to become more aware of their self-perceptions and beliefs and that is related to their diet, body weight and weight loss expectations. It also help to attain the self-efficacy and the ability to become the negative thoughts which is related to the weight loss program.

Now, here are the behavioral therapy program. It actually identifies and replace some unrealistic standards all or none thinking, negative thoughts with more realistic and positive ideas. During this cognitive behavior therapy session some systematic relaxation skills and self-soothing methods which are also taught to the individuals. Self-soothing methods mean they are engaging in non-eating pleasurable events like bath or taking walk. Whenever you are thinking or craving of that or having the high calorie food you can just go for walk or you can take a bath that will reduce your craving of the food. And it is beneficial. It is been shown that it is beneficial to those who are involved in overeating to cope with the stress. Now, the mindfulness and acceptance strategies. It actually the cognitive approach which help an individual to identify his or her negative thoughts and feelings. It also helps to increase the behavioral flexibility. The interventions where we use that is used for the treatment of emotional eating and the binge eating. So, this strategy is there to control binge eating of the adolescents.

Now the stress management. Overeating is sometimes we have seen that people are doing for managing their day-to-day stress. So, try to relax yourself or try to reduce your stress. You can do some meditation; you can do some progressive relaxations or you can increase your physical activity. What I have told you not only that diet modification you required for your weight management, but increase your physical activity will also be there hand in hand. That physical activity in the form of regular time bound exercise and also the activity you are doing whenever you are doing some other works. You have to do more works; you have to be more active. You should not sit for long, just after half an hour you have to move around all these things ultimately lead to increase your activity. And if you follow those things and if you follow these meditations and if you increase your physical activity then you will see that definitely your stress in your day-to-day life has been decreased.

Now, the social support that is required for weight management. If you are obese then definitely you will be needing even if you are not obese you have to maintain your health. It is not like that today I am healthy, today I am healthy means today I have ideal body weight, but you cannot tell that after 5 years you can maintain that body weight. You cannot tell because if you are not following the healthy eating habits, if you are not following, if you are not increasing your physical activity then even if today you are healthy even if today you have your ideal body weight, but after 5 years you can be obese you can be overweight and that is the risk factors for the diabetes, hypertension many more cardiovascular diseases and also it can cause the respiratory problem, respiratory diseases during daily activities. So, the thing is always you remember that whatever today I am even if I am obese or even if I am having the normal weight, I have to follow that healthy eating habits and also, I have to do the regular physical exercise. And in that case definitely social support is required and this social support will come from the family members, friends and support groups. It improves the individual's coping abilities during the stressful situations and people who have more social support we have seen that they have successfully reduced their weight than the persons who have less social support. That is why I am telling that group therapy in case of behavior modification is more successful in case of individual care.

People will get support from the other members of the group and it will be helpful to continue that behavior modification for long run. Now, relapse management. Already I have told that there is relapse and it is a natural part. You have to remember, but do not think that your client is doing physical activity very well, he or she has made changes in their eating habits but do not think that there will be no relapse may be after 1 year or after 2 years or may be in between your therapy there may be some relapse. And that relapse, usually we have seen that relapse means, the reversal of their eating habits that is during the time of holidays or vacations or eating in the restaurants that time they used to forget. So, before starting your therapy just assess a setback to determine the cause of lapse will help to prevent in the future. And plan the behavioral strategies to cope with those events what they can do during the time of holidays vacations or during the time of eating in the restaurant. You need to think that relapse may occur. You have to make your strategies whenever you are planning for nutritional interventions.

Now, here is the problem-solving behavior modification method, what it actually do? It addresses the barriers to weight loss. I will give an example. So that it will be very easy for you to understand that how the counselor or how the nutritionist can change someone's dietary intake. So, a boy has skipped his meal due to his busy schedule, lots of classes are there maybe he is taking some extra tuitions. So, he is unable to take the lunch. In the post lunch when he came to the class that time, he received some criticism from his teacher and feel very stressed and upset. After reaching home he feels tired because he has not taken food all along the day, he has done lots of classes and eats a pack of cookies or chips lying on the table. So, you can see that the stressful events in our life can trigger the over eating and consumption of excess of calorie. What will be your advice or how can you change this habit. The boy or girl, if they are facing this type of situation in the life, they can take support from the peers to reduce the stress and also, they can go for a walk to improve the mood. Because whenever you are doing some physical activity that may be in the form of walking, that may be in the form of running, that may be in the form of swimming, that will release the endorphin hormone and whenever there is release of the endorphin hormone your stress will be reduced and you will feel little bit relaxed. So, whenever you are feeling stressed go for physical activity in the form of gaming, not that video game of course, but you have to go for running, jogging or you can do some swimming like that and get some healthy snacks to quick bites like you can take a handful of nuts, some salads, any fruits. It will be very difficult at the first time, but if you have proper motivation, if your attitude is towards the positive way then definitely you can change your day to day eating habits and also you can change your physical activity pattern in your day-to-day life.

Here is my reference you can go through this; it will be helpful for you to make changes in the lifestyle.

And finally, I want to conclude the session with the thought that weight management is nothing, but adoption of healthy lifestyle that actually includes the knowledge of nutrition, exercise, the positive attitude and the right kind of motivation. And where you will get that motivation? Motivation are the internal motives that should come as an increased energy, self-esteem, the personal control. It increases the chances of lifelong weight management success. So, have the realistic goal and think long term and finally, believe in yourself.

Thank you all and enjoy learning.