Lesson 1

Change? It’s No Big Thing.
Aloha and Welcome.

Let us begin by sharing a little about the program.

What is the PILI Lifestyle Program?

PILI stands for Partnership for Improving Lifestyle Intervention.

The PILI Lifestyle Program is for people like yourself, who want to make healthy lifestyle changes.

PILI is also a Native Hawaiian word that means many things.

For this program, PILI means “adhering to” or “sticking to” a healthy lifestyle for life!

When something or someone is PILI to you, it is a part of who you are and your life.

The PILI Lifestyle Program was created with ideas from people like yourself.

Many Native Hawaiians, Samoans, Chuukese, and Filipinos shared their thoughts and ideas for this program.

How is the PILI Lifestyle Program setup?

The PILI Lifestyle Program consists of 8 lessons which will be given over the next 3 months.

We will meet once a week for the first 4 weeks and then once every other week for the remaining 8 weeks.

Each time we meet, we will cover different topics and ideas to help you reach your healthy lifestyle goals.

After finishing the 8 lessons in the PILI Lifestyle Program, you will continue to meet with us once a month for 6 months.
We believe that, if you set your own healthy lifestyle goals, you will be more likely to want to reach them and continue them for life.

You will set your own personal goals in these three areas and use them throughout the program.

We will cover three things that are important for improving your health.

These are:

1. **Eating healthy.**
2. **Being physically active.**
3. **Managing negative emotions.**

You get to set your own goals.

What will this program focus on?

We will help you:

1. Learn facts about **healthy eating** and **being active.**
2. Identify **what makes it hard for you** to eat healthy and be active.
3. Make a plan to **change these things** so that they work for you; not against you.

What will I get out of this program?

Over the next 9 months, we will continue to provide you with support so that you can maintain the healthy lifestyle changes that you will make.

No worry… along the way we will help you reach your goals by making gradual, simple, and healthy changes in your lifestyle.
There are many benefits, depending on what changes you decide to make.

Some examples are:

1. **Preventing illnesses like diabetes, high blood pressure and heart disease.**
   We know that small weight loss and regular activity can prevent diabetes and other medical problems.

2. **Looking and feeling better.**
   We know that eating right improves thinking and makes people less tired. And, regular activity reduces stress and other negative emotions.

3. **Being a good example for your family, friends, and community.**
   We know children get their eating and lifestyle habits from their parents and caretakers. So, if you adopt a healthy lifestyle, your children may do so as well.

**Remember…**
changing habits take work. You can do it! We are here to help.

Let us review the PILI Lifestyle Agreement in your folder.
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Let’s Begin!

Let us start by talking about what changes you have made in the past and what changes you would like to make now.

1. What changes have you made in the past to be healthier (such as being more active or eating less fat)?

2. Do you have changes in mind that you would like to make? If so, what are they?

Do you have a weight loss goal in mind?

What is it? ________ pounds
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Here are 5 key things to keep in mind as you start to make changes . . .

1. **Be Realistic.**
   No one can eat healthy and be active 100% of the time.  
   **Use the 80/20 rule.**
   - Try to stay on track 80% of the time
   - Know that 20% of the time there will be things that get in the way (such as baby lū’aus, parties, and other social gatherings).

2. **Be Flexible.**
   Plan ahead to handle things that might come up, such as bad weather, sickness, or work and family responsibilities.

3. **Be Specific.**
   When making your plan for eating healthy and being more active, ask yourself:
   - What will I do?
   - Where will I do it?
   - When will I do it?
   - How long will I do it for?

4. **Keep It Doable.**
   Start with small and gradual changes. Small changes will lead to big changes.

5. **Make It Enjoyable.**
   Change doesn’t have to be painful, it should be fun. Plan activities you enjoy doing or prepare foods you like to eat in a healthier way.

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**How can I start making changes?**
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What if I slip back into old habits?

When we are making changes, there are always going to be times when we “slip” back into our old habits.

- **Slips** are when you don’t follow your plans for healthy eating or being active at least 80% of the time.
- Slips are a **normal** part of making lifestyle changes and should be **expected**.
- Slips don’t hurt your progress. What hurts your progress is the way you react to slips.

List some things that might keep you from sticking with your healthy lifestyle changes…

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What are slips?

Slips and how you react to them are **habits**.

- **For example:**
  When you are too busy to prepare your own meals at home and you go to a fast food restaurant. This is a habit.

- **Instead:**
  You could keep fast, healthy foods in your freezer or cabinet for a quick and easy meal.

Good news!
You can change an old habit into a new healthier habit.
Healthier habits are new ways to react to “slips” to get back on your feet again.
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No one is perfect, so when you slip remember to . . .

1. Talk back to negative thoughts with positive thoughts.
   Negative thoughts can be your worst enemy. Talk back.

   Learn from the slip.
   Can I avoid it in the future?
   How can I manage it better?

3. Regain control the very next time you can.
   Do not tell yourself, “Well I blew it for the day.”
   Make your very next meal a healthy one. Get back on schedule with your activity plan right away.

4. Talk to someone supportive and helpful.
   Call a friend or family member who is supportive.
   Discuss what happened and get back on track.

5. Focus on all the positive changes you’ll be making.
   You are making lifelong changes. Slips are just one part of the process.

6. Remember the 80/20 rule.
   If you are doing what you planned to do 80% of the time, you are doing well. No feel guilty . . . life happens.
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How do I stay motivated?

Everybody is motivated by different things. In general, here are ways to stay motivated...

1. Keep aware of the benefits.  
What do you plan to get out of this program?

2. Recognize your success.  
What would you consider success?

Record your activities, eating and weight in your Passport to Health.

4. Add variety to your routine.  
Think of different activities you can do. Try a new food or recipe.

5. Set new goals and reward yourself for meeting goals.  
Can you list at least one activity (other than eating) that you would consider a reward?

6. Ask for support from family and friends.  
What is one thing your support person can do to help?
Let us take a minute to make a positive action plan to help you stay motivated.

What do you plan to get out of this program? Be specific.

What small eating or activity change do you plan to make? Write just one.

My plan is to . . .

Which of the strategies we just talked about can you use?

I plan to keep on track by . . .

What is the first thing you need to do to make it happen?

I will need to . . .

Set a start date within the next week.

I will do it starting on . . .

What are the things that might get in the way? (list one or more)

The roadblocks that might come up are . . .

I will handle the roadblocks by . . .

The person I will turn to for support is . . .
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We talked about…

The benefits of making healthy lifestyle changes such as …

- Preventing health problems
- Looking and feeling better
- Being an example for family and friends

Making changes that are . . .

- Realistic
- Flexible
- Specific
- Doable
- Enjoyable

We will help each other stay on track throughout the program, but if you slip remember to . . .

- Keep your thoughts positive (not negative)
- Learn from what happened
- Regain control as soon as you can
- Talk with your support person
- Focus on the positive changes

Lastly, we talked about staying motivated while making healthy lifestyle changes by . . .

- Staying aware of the benefits
- Keeping visible signs of your progress
- Tracking your progress
- Adding variety to your routine

Don’t forget to reward yourself when you reach your goals.

Make sure that your support person is aware of your goals so that they can help you be successful.
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Next session (Lesson 2) we will be talking about eating less fat and being more physically active.

Don’t forget to keep track of your progress using your Passport to Health.

Remember to weigh yourself when you first come in next week and record it in your Passport to Health.

What will we cover next time?

Don’t forget to keep track of your progress using your Passport to Health.
PILI Lifestyle Agreement
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What is expected from me over the next 9 months?

We will count on you to:
- Come to sessions and bring your workbook materials.
- Call 2 hours ahead if you must miss a session.
- Reschedule missed sessions.
- Do your best to reach your healthy lifestyle goals... that includes doing home activities to practice what you’ve learned.
- Keep track of your eating and activities 7 days a week. Be honest. (Don’t try to “please us!”)
- Keep track of your weight on a regular basis.
- Let us know if you have any problems.
- Stay willing and open to change. Always “hang in there.”
- Most of all, we ask that you make a commitment to making healthy lifestyle changes... no matter how big or small.

What can you expect from us over the 9 months?

You can count on us to:
- Give basic facts on healthy eating and physical activity.
- Go over your eating and activity records.
- Notice what you are doing well and what can be improved.
- Answer your questions.
- Be honest.
- Support you in reaching your eating and activity goals, even during hard times.

Are there any questions about what is expected of you and us in the PILI Lifestyle Program?

Please sign below if you agree to begin working together as a team.
By signing below:

We agree to work together in the ways described above.

Participant Signs __________________________________________

Coach Signs __________________________________________