



SESSION 9: KEEP IT UP

Nice job! You've made it to the end of your diabetes management course. Now, all you need to do is keep it up. Session 9 provides some helpful tips for weight loss, as well as meal plans to help you put your new food knowledge into practice and strategies for developing empowering beliefs.

1: WEIGHT LOSS

Let's debunk some weight loss myths:

- ◆ All calories are created equal (whole foods provide vital nutrients, give you more energy, & are better at keeping you full)
- ◆ Fast food is always fattening (you can use Swaps to make healthy choices anywhere)
- ◆ Fat makes you fat (your body & brain need fat to function...plus, it makes food taste good!)
- ◆ Carbs make you fat (foods with fiber help you feel full longer)
- ◆ Weight loss = always feeling hungry (you can eat a lot & still lose weight)
- ◆ Food & movement are all that matters (**sleep** is an incredibly important part of weight loss)
- ◆ Extreme dieting is good for weight loss (weight loss is more sustainable with **Tiny Actions** you can do everyday)

Try the **MonjWell Jump Start** in your app for a simple way to start losing weight

2: INTRO TO BELIEFS

Beliefs are your superpower

- ◆ Beliefs are deeply rooted thoughts that you hold as true
- ◆ **Limiting beliefs** can hold you back from your goals
- ◆ **Empowering beliefs** can help you reach your goals

Try a power pose

- ◆ Stand like superman/superwoman with your hands on your hips & head held high for a boost of confidence

Action Plan: Beliefs exercise

- ◆ Write down one limiting belief you have
- ◆ Then, write down how you can flip that belief around
- ◆ Finally, start to collect evidence to support the new statement
- ◆ Whenever your limiting belief comes up, practice replacing it with your new script

3: IN-POWER MEAL PLAN

Food knowledge for your day-to day

- ◆ You now have access to several meal plans in your app
- ◆ Also, check your app library for tons of diabetes-friendly meals that you can mix-and-match to suit your tastes

4: NEXT STEPS

Remember to:

- ◆ Schedule your final 1-on-1 meeting
- ◆ Schedule your annual medication review
- ◆ Schedule your regular health check-ups
- ◆ Keep tabs on your blood sugar
- ◆ Check back in the app for new resources (turn on your notifications for reminders!)

