



Kayla's Story About Losing Weight: Role Play

Lakisha and Kayla are talking at their church picnic.

Lakisha

Have you lost weight? You look good!

Kayla

Yes! I knew I'd gained some weight over the years, but I never thought I was overweight. I realized after my last checkup that those extra pounds really add up! My doctor told me that being overweight raises my risk for heart disease, stroke, and diabetes.

Lakisha

I've tried a lot of different diets, but I always gain the weight back and more.

Kayla

I didn't diet. I just made some small changes in my eating habits, such as eating less saturated fats and carbohydrates, and kept track of my calories. I also started walking for a half hour every day.

Lakisha

I just don't have the energy right now to try and lose weight. Besides, everyone in my family is overweight. That's just the way we're built.

Kayla

At first, I wasn't sure I could do it. But my doctor gave me some tips and my husband said he'd change some of his habits too.

Lakisha

So what changes did you make?

Kayla

I started by taking smaller servings—and I stopped going back for seconds. I used to eat until I was too full.

Lakisha

Don't you feel hungry?



Kayla's Story About Losing Weight: Role Play (continued)

Kayla

After I eat, I give my body about 15 minutes to get the message that I'm full. If I'm still a little hungry, I eat a piece of fruit or have a cup of tea or coffee.

Lakisha

Sometimes I eat when I'm not hungry, like when I'm bored or stressed.

Kayla

I can relate. Whenever James worked late, I used to eat cookies or chips while watching TV. Now I try to do something other than eating, like calling a friend.

Lakisha

How much have you lost so far?

Kayla

Ten pounds, and I'm still trying to lose the rest. I have my hard days when I feel like giving up. But then I remember how much more energy I have now and how good I feel overall.

Lakisha

I know I should lose some weight, too. Heart disease runs in my family, and I need to stick around for my kids.

Kayla

How about joining me on a walk this weekend?

Lakisha

Just tell me when and where!