Seasonal Weight Loss Challenge

Flyer

The **Seasonal Weight Loss Challenge** is an 8-week weight loss/maintenance program that will help rejuvenate your motivation to practice healthy behaviors to support your weight loss and maintenance goals. You may participate in this challenge individually but should participate with other employees for additional motivation and encouragement.

By completing the Challenge you will:

- Learn useful tips on how to eat healthy, exercise and set realistic goals.
- Be entered into a drawing for a **$100 Corporate Rewards gift card**.
- Receive an additional **surprise incentive** based on your total points earned by participating in the Weekly Exercise Challenges.
- Earn **Healthy Lifestyle Activity Points (HLAPs)** based on your weight loss success.

Challenge Guidelines	HLAPs
Maintain within 2lbs of initial weight	20
Lose between 2% - 4.9% of initial weight	25
Lose 5% or greater of initial weight	30

Please Register to begin your 8-week challenge to better health.

Once registered, you may begin at any time.

Please visit the Seasonal Weight Loss Challenge website to begin.

Contact Employee Wellness at 724-8114 if you have any questions.

Win a $100 Corporate Reward Gift card

You can start and complete the challenge at any time during the season. You will be entered into a drawing for a $100 Corporate Rewards gift card for the season in which you completed the challenge.

Spring Challenge: March – May

Summer Challenge: June – August

Fall Challenge: September – November

Winter Challenge: December - February

Seasonal Weight Loss Challenge

Registration Form

The **Seasonal Weight Loss Challenge** is an 8-week weight loss/maintenance program that will help rejuvenate your motivation to practice healthy behaviors to support your weight loss and maintenance goals. You may participate in this challenge individually, but should participate with other employees for additional motivation and encouragement.

NOTE: Weight loss or maintenance should be the result of healthier eating and exercise habits. Please, no diet pills (herbal or prescription appetite suppressants, metabolism enhancers, etc.), laxatives, colonics, or water pills (diuretics) unless prescribed for a medical condition such as high blood pressure, etc. We are on the honor system. If you choose to join the program, please participate in a healthy and fair manner.

By completing the Challenge you will:

- Learn useful tips on how to eat healthy, exercise and set realistic goals.
- Be entered into a drawing for a **$100 Corporate Rewards gift card**.
- Receive an additional **surprise incentive** based on your total points earned by participating in the Weekly Exercise Challenges.
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EIN: **Start Date:**

Name: **Work-site Address:**

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Spring Challenge: March – May

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Seasonal Weight Loss Challenge

Welcome Packet

Challenge Overview

The **Seasonal Weight Loss Challenge** is an 8-week weight management challenge that will help rejuvenate your motivation to practice healthy behaviors to support your weight loss and maintenance goals. You may participate in this challenge individually, but should participate with other employees for additional motivation and encouragement.

By completing the Challenge you will:

- Be entered into a drawing for a **$100 Corporate Rewards gift card**.
- Earn **Healthy Lifestyle Activity Points** based on your weight loss success.
- Learn useful tips on how to eat healthy, exercise and set realistic goals.
- Receive prize incentives based on your total points earned by participating in the Weekly Exercise Challenges.

Once you complete the challenge, you will be required to submit a **Certificate of Completion** to Employee Wellness within 30 days of your weigh-out. You will be awarded Healthy Lifestyle Activity Points based on the percentage of weight loss. You may maintain your current weight if it is within a Healthy Body Mass Index. There is a two pound advantage to account for any normal weight fluctuations.

Challenge Guidelines	HLAPs
Maintain within 2lbs of initial weight	20
Lose between 2% - 4.9% of initial weight	25
Lose 5% or greater of initial weight	30

A drawing for a **$100 Corporate Rewards** gift card will be held at the beginning of each new season. You will be entered into the drawing based on the season in which you completed the challenge.

Challenge Guidelines

Completion of this program is determined by your total percent of weight loss. This is a fairer comparison than total pounds lost since heavier persons can safely lose weight more rapidly. A healthy rate of weight loss is one percent of beginning weight per week. So, a person weighing 280 pounds can lose 2-3 pounds per week while a person weighing 180 pounds would be expected to lose no more than 1-2 pounds per week.

% of weight loss calculation:

1. beginning weight **–** ending weight **=** pounds lost
2. (pounds lost **÷** beginning weight) **x** 100 **=** percent weight lost

Weight loss should be the result of healthier eating and exercise habits. All participants are on the honor system and should participate in a healthy and fair manner.

Prohibited:

- Diet pills (herbal or prescription appetite suppressants, metabolism enhancers, etc.)
- Water pills (diuretics) unless prescribed for a medical condition such as high blood pressure
- Laxatives and colonics

To participate in this challenge you will need:

- a scale
- measuring tape – (**printable pdf**)
- Know Your Numbers – Progress Tracker

Scales will be provided by Employee Wellness to teams upon request. Please review the program materials before you begin week 1. Beginning on week 1, you will weigh in, record your weight, take body measurements, record your short-term weight goal and start tracking your progress. Weekly tips will be available online to view as well as a weekly three to five minute physical activity challenge. (Don't worry, there's no need to bring workout clothes and shoes!)

It's highly recommended you meet with a Health Coach before you begin this challenge. A Health Coach can help you create short term goals and support you throughout the challenge. You can **schedule an appointment online** or contact the Wellness Council of Arizona (WELCOAZ) at (520) 293-3369. Appointments are 25 minutes in length and are entirely confidential.

Even if you choose not to utilize a health coach, we encourage you to engage your participating co-workers and work together towards your goals. A support system at work can be a helpful way to stay on track. You may want to meet once a week for a walk or healthy lunch to discuss ideas and challenges, and motivate each other through more challenging weeks.

Good Luck!

Seasonal Weight Loss Challenge

Know Your Numbers – Progress Tracker

Month 1	Weight	Exercise Challenge Points
Week 1 Initial Weight		
Week 2 (Optional)		
Week 3 (Optional)		
Week 4 (Optional)		

BMI (Optional)	Waist (Optional)

Print this chart and put it on the refrigerator as a reminder of your goal.

Month 2	Weight	Exercise Challenge Points
Week 5 (Optional)		
Week 6 (Optional)		
Week 7 (Optional)		
Week 8 Ending Weight		

BMI (Optional)	Waist (Optional)

Are you making progress? Reward yourself!

% of weight loss calculation:

1. beginning weight – ending weight = pounds lost
2. (pounds lost ÷ beginning weight) **x** 100 = percent weight lost

Starting Weight:		Ending Weight:		Percentage of Weight Loss:	

Ending weight must be no greater than 2 lbs. of initial weight to qualify for the maintenance goal.
Please record your percentage of Weight Loss on the Certificate of Completion form for credit.

You do not need to submit this form.

WEEK 1

Week 1 Activities

1. Weigh yourself (required)
2. Calculate your BMI (optional)
3. Measure your waist circumference (optional)
4. Record your short-term goals
5. Read the weekly tips
6. Complete Exercise Challenge 1

This week you will take initial measurements including weight, waist circumference and calculate your Body Mass Index (BMI) and track on the **KNOW YOUR NUMBERS – PROGRESS TRACKER**. This will be the starting point for you to set your short-term goals for the challenge.

Weighing In on Scales: Find your True Weight

For people trying to lose weight, gain muscle, or just maintain a healthy weight, the scale can be both friend and foe. But experts say there are right ways and a wrong ways to use the scale.

The 4 S's of Weighing Yourself

When you do weigh yourself on a scale, strive for sameness. Weigh yourself at the:

- **S**ame time of day, on the
- **S**ame day each week, wearing the
- **S**ame clothing, and using the
- **S**ame scale

If you're using a scale at home, be sure to place it on an absolutely flat surface. Wobbly bathroom tiles or plush carpeting can lead to an inaccurate reading. Even if you do follow these steps, it's natural for your weight to fluctuate a few pounds day to day or week to week. Normal weight fluctuations may be due to:

- Eating starchy or salty foods
- The weather
- Water retention due to hormonal changes

This is why you will be given a 2 pound advantage at the weigh-out at the end of the challenge. Hopefully, you won't need the extra assistance.

Body Mass Index (BMI)

BMI is a useful measure of overweight and obesity. It is calculated from your height and weight. BMI is an estimate of body fat and a good gauge of your risk for diseases that can occur with more body fat. The higher your BMI, the higher your risk for certain diseases such as heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems, and certain cancers.

Although BMI can be used for most men and women, it does have some limits:

- It may overestimate body fat in athletes and others who have a muscular build.
- It may underestimate body fat in older persons and others who have lost muscle.

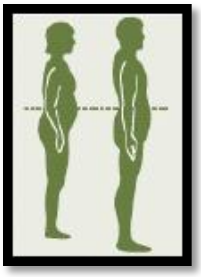
Use the **BMI Calculator** to estimate your estimated body fat. The BMI score means the following:

BMI Chart	
Underweight	Below 18.5
Normal	18.5–24.9
Overweight	25.0–29.9
Obesity	30.0 and Above

Waist Circumference

Measuring waist circumference helps screen for possible health risks that come with overweight and obesity. If most of your fat is around your waist rather than at your hips, you're at a higher risk for heart disease and type 2 diabetes. This risk goes up with a waist size that is greater than 35 inches for women or greater than 40 inches for men.

How To Measure Your Waist Size - (printable tape measure – pdf)



To measure your waist size (circumference), place a tape measure around your bare abdomen just above your hip bone. Be sure that the tape is snug, but does not compress your skin, and is parallel to the floor. Relax, exhale, and measure your waist.

Note: The information on these pages is intended for adult men and non-pregnant women only.

SMART Goal Setting

Goal setting motivates us to achieve. Writing down a goal moves a dream closer to reality. It gives us a focus and increases our determination to take the steps necessary to accomplish the goal. People who write down their goals are more likely to achieve them. Achievement of goals builds self-confidence and increases success in accomplishing future goals. As you set your weight loss or maintenance goal, keep in mind the following information:

- Experts recommend losing no more than 5% of one's starting weight over an eight week period of time. (For example: Someone weighing 160 pounds today, should not plan on losing more than eight pounds over the next eight weeks.)
- Slow is the way to go! Plan to lose no more than one-half to two pounds each week. Someone who is very overweight may find it easier to lose two pounds per week than someone who is already close to a healthy weight.
- Keep in mind that you are setting a short term goal. You may need to set several consecutive short term goals in order to achieve your lifetime healthy weight goal.
- Plan for success! Set a realistic goal based on the recommendations above.

To get where you want to go, you must have a plan - a plan that is detailed and specific and allows you to track progress – and celebrate success - along the way. A great way to structure your plan is to make one to three SMART goals that you track, modify and update on a regular basis. A SMART goal is usually one sentence that describes one specific, measurable thing you will do over a certain period of time.

A SMART goal should be:

Specific: An exact action or step you can take

Measureable: By amount or quantity

Attainable: Something that your knowledge, skills and available time and resources allows

Relevant: That is pertinent to your unique needs and abilities

Time-bound: Has an end in close sight (day, week, month)

Here are some examples of **SMART goals:**

- Over the next week I will cut 250 calories each day by changing my afternoon snack.
- Over the next two weeks I will take a daily 30-minute walk.
- This week I will reduce my soda intake from 3 cans to 2 cans every day.
- I will keep a food log every day this week, including why I am eating each time.

It's important to choose goals that really work for you and to start out small when working towards a larger or more long-term goal. For example, if you want to exercise 150 minutes a week, but don't currently exercise, a goal of a daily 15-minute walk may be more appropriate. You can always exceed your goal, and then increase the time as you move forward.

For this program, set one to three SMART goals for the next two-weeks and then monitoring your progress and updating them every two weeks. You may want to use the **SMART Goal Worksheet** to make sure your goals are SMART.

SMART Goal Worksheet

If you need more assistance with setting SMART goals, use this worksheet.

Today's Date: Target Date:

Start Date: Date Achieved:

Goal:

Specific: What exactly will you accomplish?

Measurable: How will you know when you have reached this goal?

Achievable: Is achieving this goal realistic with effort and commitment? Do you have the resources to achieve this goal? If not, how will you get them?

Relevant: Why is this goal significant to your life?

Timely: When will you achieve this goal?

Find someone who can support your efforts in attaining your goal!

Week 1 Exercise Challenge

This week's challenge is to see how many traditional push-ups you can do—with perfect form—without stopping. Remember you may practice the challenge as many times as you wish throughout the week, but **only one session counts toward your weekly score**.

How-To: Traditional Push-Up

Pushups are a good indicator of upper body strength. They work your arms, chest, back, and abdominals. Pushups are an easy and fun way to add some strength training into your fitness routine!

Target Muscles: Deltoids, Pectorals, Triceps, Biceps, Abdominals

To do this exercise:

- Lie with your stomach flat against the floor.
- Place your hands at shoulder level, palms flat on the floor and slightly more than shoulder width apart.
- Your feet should be together and parallel to each other. Keep your legs straight and your toes tucked under your feet.
- Straighten your arms as you push your body up off of the floor.
- Exhale as your arms straighten out. Pause for a moment.
- Lower your body slowly toward the floor, bend your arms and keep your palms in a fixed position. Keep your body straight and your feet together.
- Inhale as you lower your body down. Pause for a moment. Repeat steps 4-7 as many times as you can. One push-up equals coming all the way down to the wall <u>and</u> back to starting position.

Award Levels for Push-up Challenge

Records your results on the Know Your Numbers – Progress Tracking Sheet	
2 points	.5 - 8
4 points	9 - 15
6 points	16 - 22
8 points	23 or more

Having Trouble? Try This

Traditional push-ups can be challenging, especially if you don't typically incorporate them into your daily workout routine. Try a bent-knee or wall push-up alternative first to "build up" to doing the traditional push-up. Please note these exercises do not count for a challenge score.

Wall Push-Ups

- Find a wall that is clear of any objects—wall hangings, windows, etc. Stand a little farther than arm's length from the wall.
- Facing the wall, lean your body forward and place your palms flat against the wall at about shoulder height and shoulder-width apart.
- To a count of four, bend your elbows as you lower your upper body toward the wall in a slow, controlled motion, keeping your feet planted.
- Pause. Then, to a count of two, slowly push yourself back until your arms are straight—but don't lock your elbows.

Bent-Knee Push-Ups

- Lie with your stomach flat against the floor.
- Lift feet off floor, bringing heels towards your buttocks. Bend knees to form a 45-degree angle or L-shape.
- Extend hands next to your body at shoulder height, keeping elbows bent.
- Exhale as you push your body weight off the floor by extending arms from a bent elbow to straight elbow. Be sure to have proper alignment: a straight back, with ears, shoulders and hips in a straight line. Hold abdominal muscles in tightly.

WEEK 2

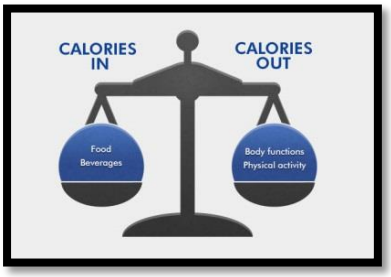
Week 2 Activities

1. Weigh yourself (optional)
2. Calculate your total daily calories
3. Track your food intake
4. Read the weekly tips
5. Complete week 2 Exercise Challenge

There are many ways of looking at weight loss, including utilizing the energy equation for planning purposes. Those that are working to lose weight or are successfully maintaining a healthy weight practice the following:

- Eat a balanced diet of whole foods in appropriate portions and quantities based on personal needs.
- Include 30 to 60 minutes of moderate to vigorous intensity physical activity daily.
- Manage stress in a healthful way.
- Get *at least* 7 hours of restful sleep nightly.

In this short-term program, changing eating and exercise habits will most likely have the greatest effect on weight (and help you manage stress and sleep better). However if you are experiencing overwhelming stress or hardly sleeping, these might hold you back from meeting your weight goal and should be addressed first. (In those cases, you may want to make an appointment with a counselor through the **Employee Assistance Program** or with your physician.)



Use the Energy Equation

Your weight is a direct relationship to the amount of energy (calories) you eat and the amount of energy you use. Keep in mind that not all calories are equal. Someone who ate all their calories in donuts and refined carbohydrates would probably not have the same body composition (body fat vs. lean mass/muscle) as someone who ate a balanced, whole foods diet.

Estimating Your Lifestyle Calorie Needs

Important Note: you may also not even need to use the equations below. Often times changing specific eating habits will lead to weight loss (such as making food substitutions, eating smaller portions or cutting out certain foods or eating times.) Likewise, adding exercise to your schedule or making improvements to your current exercise routine can lead to weight loss.

Otherwise, use the following as an estimate and remember that the more active you are, the more calories you need. Note that the equation changes over time as you lose weight.

Your total lifestyle calorie needs are based on your Resting Metabolic Rate and Activity Level.

Resting Metabolic Rate (RMR): Calories burned at rest / minimum number of calories needed for our bodies to function. It is important never to eat fewer calories than your RMR needs.

RMR = _____ X 10 = _____ = Total calories
Your body weight

Lifestyle Calorie Needs: Daily calories needed to maintain current weight.

LCN = _____ X _____ = Total daily calories
Total calories (number above) — Activity level Number (see chart below)

Activity Level Number

If you are **sedentary** (sit > 8hrs/day, very little activity): **1.3**
If you are **lightly active** (stairs, light housework, walking, light exercise 1-3 days per week): **1.4**
If you are **moderately active** (exercise 30-60 minutes most days during a week.): **1.5**
If you are **very active** (exercise intensely daily or for prolonged periods >90 minutes): **1.7**

If you perform additional exercise, your body will need additional calories.

To lose weight, create a calorie deficit that is between your Lifestyle Calorie Needs and your Resting Metabolic Rate. The best way to do this is a combination of eating fewer calories and burning more calories through physical activity. **One pound of weight loss is equivalent to 3,500 calories.** (To lose one pound in a week, this could mean eating 500 calories less per day, adding an hour of daily vigorous exercise to burn off 500 calories, or a combination of both methods.)

Track Your Food Intake

Recording what and how much you eat everyday along with your daily activity can help you identify areas for improvement. A journal also allows you to track your progress. You can purchase a food journal from the bookstore, record your calories online, or make copies of the attached food journal. Whatever you decide to use, it's important to capture these things:

- Write down everything that you eat and drink (even if it is just a bite)
- Track calories and fat of foods eaten
- Include how much you ate or drank – estimate if you are unsure the amount
- Record the time of day that you ate
- Record your physical activity everyday
- Where can I keep track of how many calories I consume each day?

There are several free online tools are available to help you to keep track of how many calories you consume each day. Below are a few websites you can track your nutrition with:

- SparkPeople: **www.sparkpeople.com**
- The DailyPlate: **www.thedailyplate.com**
- ChooseMyPlate: **www.myplate.gov**

Also, look for free food journal apps on your cell phone if applicable; that way you can record what you eat instantly, without having to remember later on. Some programs will even let you scan any food with a barcode and automatically look it up for you – such as Fooducate. (If you have a free, favorite app, let us know!)

Food Photos

There has been more research recently on the practice of taking pictures of all the food you're eating throughout the day as an alternative to a written food log. With the widespread use of mobile phones with cameras and apps, it is a convenient and effective way to keep track of what you eat and keep some of your eating habits in check. Although this method wouldn't give you calorie and nutrient intake information, it gives you a great visual record of your choices and portion sizes. Again, look for apps on your phone, and/or download the photos to your computer where you may also use a food photo tracking program. You may even want to use a site that lets other's see it too, for extra accountability (such as a food photo blog). (And let us know if you have a favorite app!)

Week 2 Exercise Challenge

Your challenge this week is to do as many abdominal crunches as you can in one minute. You may practice this challenge as many times as you wish, but **only one session counts towards your challenge score for the week**.

How-To: Abdominal Crunch

This old favorite is a measure of dynamic endurance of the abdominal musculature. The one-minute test has become a standard fitness favorite. Abdominal crunches are an effective way to strengthen your core, and core strength helps maintain good posture.

Target Muscles: Abdominal Muscles, Hip Flexors

To do this exercise:

- Lie on your back with your shoulders resting on the floor and your fingertips behind your ears. (Do not place your hands behind your head – this will help prevent pulling your neck up rather than using your abs.)
- Maintain a space the size of an orange between your chin and your chest.
- Crunch up, bringing your shoulder blades off the ground. Keep your elbows pointed out to the sides.
- Return to starting position and repeat.

To ensure you are actually working your abdominal muscles—avoid "pulling up" with your neck muscles. Focus on using your abdominals and maintain perfect form to get your challenge score!

Award Levels for Abdominal Crunches

Records your results on the Know Your Numbers – Progress Tracking Sheet	
2 points	5 – 20
4 points	21 – 35
6 points	36 – 60
8 points	61 or more

To Easy? Try This

Abdominal crunches are often the foundation for any abdominal workout. If you did the minute challenge but want to try a more difficult option, try these variations. Please note that these do not count toward your weekly score.

Reverse Crunch

This move not only engages your six pack, but also works the transverse abdominal muscle, lower back and hip flexors.

- Lie on your mat with your back flat to the floor.
- Place your hands out to your sides with palms facing down and on the floor.
- Lift your legs off the floor and bend your knees at a 90 degree angle.
- Using your ab muscles lift your hips off the ground and bring your knees towards your chest while exhaling.
- Return to starting position and inhale as you do this.

Straight Leg Crunch

This advanced move will engage your rectus abdominis muscle.

- Start by lying on the floor with back flat to the mat.
- Straighten your legs and aim your feet towards the ceiling.
- Place your arms straight out in front of you.
- Now lift your shoulders off the ground and try to touch your toes with your hands while contracting the ab muscles.
- Return to starting position while breathing in.

Keep your legs as straight as possible for maximum abdominal muscle involvement. You may also use weights to make this exercise more intense.

WEEK 3

Week 3 Activities

1. Weigh yourself (optional)
2. Track your food intake
3. Exercise at least 20 minutes per day
4. Read weekly tips
5. Complete week 3 Exercise Challenge

Moving more benefits people of all ages, shapes, sizes and abilities. The 2008 Physical Activity Guidelines for Adults recommend you reach your physical activity goals through different types and amounts of activity each week.

Avoid inactivity! Some movement is better than no movement. More movement is better than some movement. Boost your health with 30 minutes of moderately intensive aerobic activity at least five times a week. Moderately intensive activity causes you to breathe harder and your heart to beat faster, but you can still carry on a conversation. Keep in mind that aerobic activity should be done in no less than 10-minute increments. Three 10-minute walks each day can improve your health.

Do muscle strengthening activities at least two times per week that work all major muscle groups. Try push-ups, squats, abdominal crunches and lunges.

Build up to 300 minutes per week of moderately intensive activity for even more health benefits.

Overcoming Barriers to Physical Activity

Given the health benefits of regular physical activity, we might have to ask why two out of three (60%) Americans are not active at recommended levels.

Many technological advances and conveniences that have made our lives easier and less active, many personal variables, including physiological, behavioral, and psychological factors, may affect our plans to become more physically active. Here are some of the most common exercise barriers and tips to overcome them:

Do not have enough time to exercise

Change your perception. The recommended exercise duration (150 minutes) represents only about 1% of your time in a week. Prioritize what is really important in your life. Use time management skills to schedule exercise during your week.

If you can't find a block of 30 minutes in your day, break up your exercise time into two periods of 15 minutes. Include physical activities that you can perform as part of your daily routine. For example, you could walk for 15 minutes after lunch.

Find it inconvenient to exercise

Try adding physical activity into your daily routine. For example, walk or ride your bike to work or to run errands. You can walk your dog, exercise while you watch TV, or park further away from your destination.

Lack self-motivation or too tired

If you have no energy at the end of the day, try working out in the morning or keep a pair of walking shoes at your desk and take a brisk walk during your lunch break. If the mere thought of a morning walk or job makes you tired, choose a time of day when you tend to feel the most energetic – or at least not quite so lazy. Block off times for physical activity an encourage support from friends, family and co-workers.

Exercise is boring

Find an activity you love. Try inline skating, dancing, or gardening. If it makes exercise more enjoyable for you, it's OK to watch TV or read while you're on the exercise bike or treadmill, as long as your workout is still challenging. Include a variety of exercises and make sure to mix it up often to prevent boredom and keep your body challenged.

It's too hot!

Yes, we will in Tucson, a very climate in the summer for running outdoors – although some people still do. If you cannot embrace the hot dessert weather there are still many options available to you, mainly involving indoor recreation. You can join a gym or workout at home to stay cool. Try exercising early in the morning before the temperature rises to those scorching degrees.

Understanding some common barriers to physical activity and creating strategies to overcome them may help you make physical activity part of your daily life.

Week 3 Exercise Challenge

This week your fitness challenge is to complete lunges. See how many lunges you can complete on the left and then right leg without stopping. Remember you may practice as many times as you would like, but only **one session counts toward your weekly score**.

Target Muscles: QUADRICEPS, GLUTEAL MUSCLES, HAMSTRINGS

How-To: Static Lunges

During static lunges you are simply dropping one knee down rather than stepping forward or back. For beginners you can try this lunge while holding onto a chair or counter top for support.

To do this exercise:

- Stand with right foot forward, left foot back about 3 feet apart.
- Hold weights in each hand if desired and bend the knees to lower the body towards the floor. Keep the front knee behind the toes and be sure to lower straight down rather than forward.
- Keep the torso straight and abs in as you push through the front heel and back to starting position.
- Don't lock the knees at the top of the movement.
- Perform as many as you can with the right foot forward, then switch and perform as many as you can with the left foot forward.

Award Levels for Static Lunges

Records your results on the Know Your Numbers – Progress Tracking Sheet	
2 points	2 – 20
4 points	21 – 60
6 points	61 – 100
8 points	101 or more

Bored of Lunges? Try these alternatives

Lunges are a great way to kick-start your lower body workout, but sometimes a little variation is nice! Try these lunge variations that targets a slightly different muscle group. Please remember these exercises do not count for your weekly challenge score.

Side Lunges

Side lunges are a great way to vary your lunges and put more emphasis on the inner thighs along with the glutes, quads and hips. Side lunges also help you work on balance and stability.

- Step out to the right, keeping the left leg straight and both feet pointing forward.
- As your right foot hits the ground, bend at the hip and push your glutes back as your shift all the weight to your right leg.
- Lunge down until the shin is vertical to the floor and the right knee is in line with your toes, both heels flat.
- Push into the heel back to starting position and repeat on the other side for 1-2 sets of 10-16 reps.

Sliding Lunges

The sliding lunge is a new twist on the lunge, involving the quadriceps more while also working on balance and stability. You will need a paper plate to do this exercise.

- Stand with feet hip-width apart, the ball of the left foot resting on the paper plate or a Gliding Disc.
- Bend the right leg while sliding the left foot backwards into a lunge position.
- Keep the front knee behind the toe and keep the back leg slightly bent.
- Slowly slide the left foot back to start, pushing into the plate and repeat for 8-16 reps before switching sides.
- Keep the weight in the front leg so you always have control of the foot resting on the plate.

WEEK 4

Week 4 Activities

1. Weigh yourself (optional)
2. Track your food intake
3. Exercise at least 20 minutes per day
4. Read weekly tips
5. Complete week 4 Exercise Challenge

Eating right isn't just about looking good — it's about staying healthy, providing your body with the fuel it needs to function at its best, and preventing certain diseases, like type 2 diabetes, hypertension, and cancer. Plus, when you eat well, you feel better. People who limit their diet to junk foods will undoubtedly suffer the consequences of not giving their bodies what they need to thrive. The result is not only fatigue and low energy, but poor health as well. Understanding this clear connection between your health and your diet may spur you to make better dietary choices.

Carbohydrate, protein, and fat are components of foods and drinks that provide calories. "Calories" matter when it comes to body weight, not the calorie source. You should not select a diet that avoids or severely limits carbohydrates, protein, or fat. Similarly, you should not select a diet that avoids any of the food groups. There are choices within each food group that provide the nutrients you need, without too many calories.

The Basics of the Nutrition Facts Panel

The following is a quick guide to reading the Nutrition Facts Panel.

Start with the Serving Size

- Look here for both the serving size (the amount for one serving) and the number of servings in the package.
- Compare your portion size (the amount you actually eat) to the serving size listed on the panel. If the serving size is one cup and you eat two cups, you are getting twice the calories, fat and other nutrients listed on the label.

Check Out the Total Calories and Fat

- Find out how many calories are in a single serving and the number of calories from fat. It's smart to cut back on calories and saturated fats if you are watching your weight.

Let the Percent Daily Values (DV) Be Your Guide

Use percent Daily Values to help evaluate how a particular food fits into your daily meal plan:

- **Daily Values are average levels of nutrients for a person eating 2,000 calories a day**. A food item with a 5% DV of fat provides 5% of the total fat that a person consuming 2,000 calories a day should eat.
- Adjust your intake according to your own dietary needs.

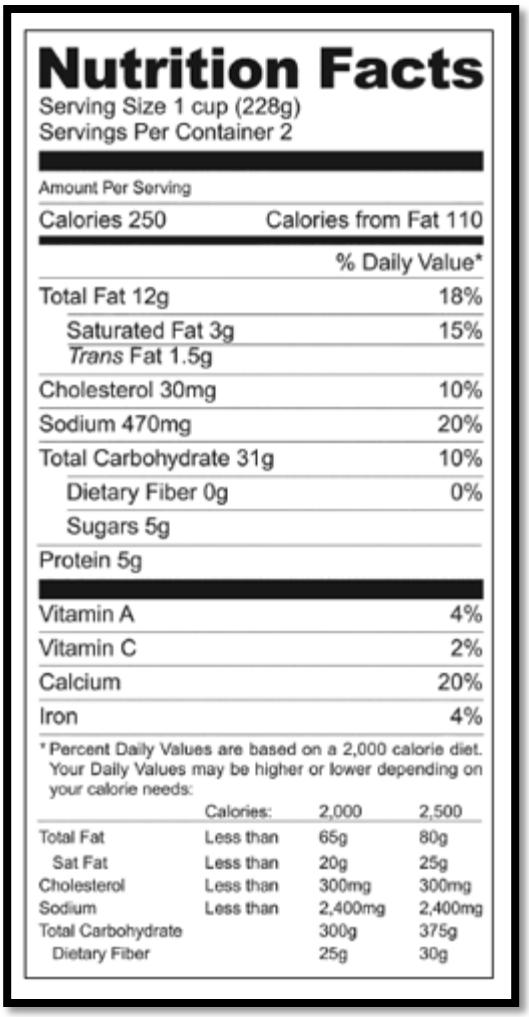
The High and Low of Daily Values

- 5% or less is low. Aim low in total fat, saturated fat, trans fat, cholesterol and sodium.
- 20 percent or more is high. Aim high in vitamins, minerals and fiber.

Limit Fat, Cholesterol and Sodium

Eating less fat, cholesterol and sodium may help reduce your risk for heart disease, high blood pressure and cancer.

- Total fat includes saturated, polyunsaturated, monounsaturated and trans-fat. Limit to 100 percent DV or less per day.



Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

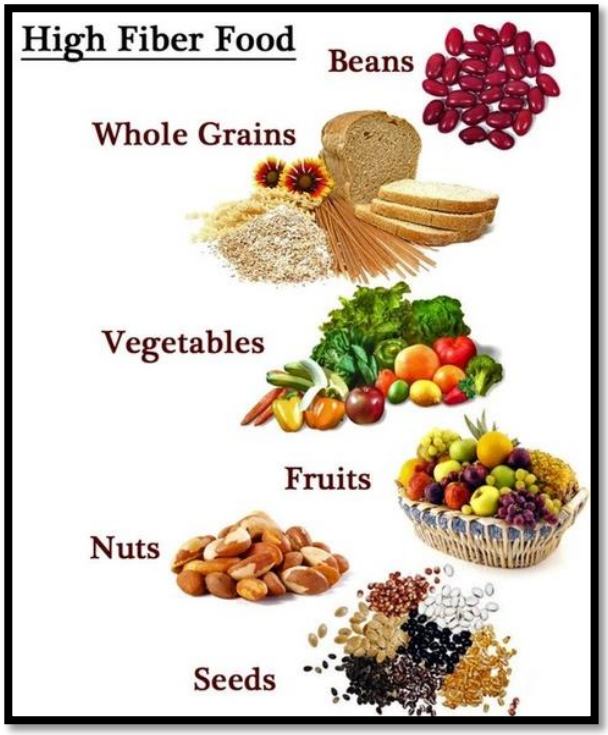
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

- Saturated fat and trans fat are linked to an increased risk of heart disease.
- High levels of sodium can add up to high blood pressure.
- Remember to aim for low percentage DV of these nutrients.

Get Enough Vitamins, Minerals and Fiber

- Eat more fiber, vitamins A and C, calcium and iron to maintain good health and help reduce your risk of certain health problems such as osteoporosis and anemia.
- Choose more fruits and vegetables to get more of these nutrients.
- Remember to aim high for percentage DV of these nutrients.



Additional Nutrients

You know about fat and calories, but it is important to also know the additional nutrients on the Nutrition Facts Panel.

Protein

Most Americans eat more protein than they need, so a percentage Daily Value is not required on the label. Eat moderate portions of lean meat, poultry, fish, eggs, low-fat milk, yogurt and cheese, plus beans, peanut butter and nuts.

Carbohydrates

There are three types of carbohydrates: sugars, starches and fiber. Eat whole-grain breads, cereals, rice and pasta plus fruits and vegetables.

Sugars

Simple carbohydrates or sugars occur naturally in foods such as fruit juice (fructose) or come from refined sources such as table sugar (sucrose) or corn syrup.

Check the Ingredient List

Foods with more than one ingredient must have an ingredient list on the label. Ingredients are listed in descending order by weight. Those in the largest amounts are listed first. This information is particularly helpful to individuals with food sensitivities, those who wish to avoid pork or shellfish or limit added sugars or people who prefer vegetarian eating.

Week 4 Exercise Challenge

Your challenge this week is to perform a superman hold for as long as you can. You may practice this challenge as many times as you wish, but **only one session counts towards your challenge score** for the week.

How-To: Superman Hold

The superman hold is a classic exercise to build strength in your back and core muscles. It is especially good for maintaining spinal health and relieving back pain.

Target Muscles: Lower Back

To do this exercise:

- Start by lying on your stomach with face down.
- Raise your shoulders and hold yourself up with your arms extended in front of you.
- Hold for as long as you can, then return to starting position.

Make sure your limbs are straight (but not locked) and you are not holding your breath. To adjust intensity, try lowering or raising your limbs. You might also want to "practice" for a few reps, about 30 seconds each, before you attempt your scoring session for the week.

Award Levels for Superman Hold

Records your results on the Know Your Numbers – Progress Tracking Sheet	
2 points	5 – 30 seconds
4 points	31 – 60 seconds
6 points	61 – 90 seconds
8 points	91 or more seconds

Mix it Up! Try These Variations

Superman holds are a great way to strengthen your lower back and core muscles, improving your spinal health. Try these variations that work slightly different muscle groups. Please note that these do not count toward your weekly score.

Kneeling Superman

This superman hold variation engages more of your upper back muscles, in addition to your lower back and core muscle groups.

- Start by getting onto your hands and knees, with your back horizontal to the floor and your arms and knees at 90 degree angles to your body.
- Tighten your abdominal muscles and focus on your breathing.
- Raise your left arm and right leg. Your left arm through to your right leg should be parallel to the ground.

Alternating Superman

This advanced move engages the lateral muscles of your lower back. Keep your arms and legs as straight as possible.

- Lie face down with arms and legs out straight. Keep your neck in a neutral position.
- Slowly raise one arm and the opposite leg at the same time, until they are several inches off the floor.
- Pause and hold this position for several seconds.
- Slowly lower back to the starting position.

Seasonal Weight Loss Challenge

WEEK 5

Week 5 Activities

1. Weigh yourself (optional)
2. Track your food intake
3. Exercise at least 20 minutes per day
4. Practice mindful eating
5. Read weekly tips
6. Completed week 5 Exercise Challenge

The Hunger Scale	
1	Starving
2	Very hungry
3	Hungry
4	Satisfied
5	Neutral
6	Comfortable
7	Full
8	Very full
9	Stuffed
10	Overstuffed

Mindful Eating

What is Mindful eating? It's being conscious or aware of what you are doing and feeling. When it comes to food, mindfulness is noticing the taste, scents and textures of your meal and being in touch with your hunger. Mindful eating values the food quality, not quantity.

It's never too late to begin making changes in your relationship with food. The first step is to become re-acquainted with your physical hunger scale. Rate your hunger before you eat and again right after you eat. Recognize the level of hunger or fullness that YOUR body is feeling just before and just after you eat.

- The goal should be to avoid each end of the scale
- Eat before you are very hungry
- Avoid eating when you're not really hungry
- Don't overeat
- Try to keep your body between 3 and 7

Here are a few mindful eating tips you can use to help you break free from your old routine eating habits.

Shift out of Autopilot Eating

What did you have for breakfast? Be honest. Many people eat the same thing day in and day out. Notice whether you are stuck in any kind of rut or routine.

Take Mindful Bites

Did you ever eat an entire plate of food and not taste one single bite? Bring all of your senses to the dinner table. Breathe in the aroma of a fresh loaf of bread. Notice the texture of yogurt on your tongue. Truly taste your meal. Experience each bite from start to finish.

Attentive Eating

Sure, you're busy and have a lot "on your plate." It's hard to make eating a priority rather than an option or side task. If you get the urge for a snack while doing your homework or studying, stop and take a break so that you can give eating 100% of your attention. Try to avoid multitasking while you eat. When you eat, just eat.

Thinking Mindfully

Observe how critical thoughts like "I don't want to gain the Freshman Fifteen." or "I'm so stupid, how could I do that!" can creep into your consciousness. Just because you think these thoughts doesn't mean you have to act on them or let them sway your emotions. Negative thoughts can trigger overeating or stop you from adequately feeding your hunger.

Remember: A thought is just a thought, not a fact.

Mindful Speech

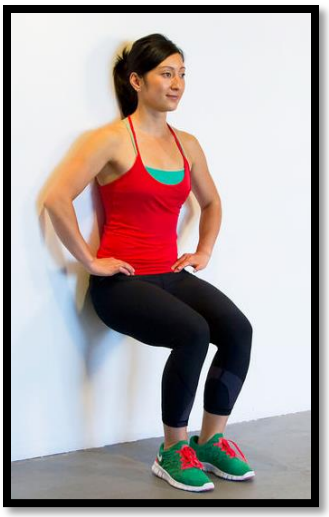
Chit chatting about dieting and fat is so commonplace that we often aren't truly aware of the impact it might have on our self-esteem. When you are with friends and family, be mindful of your gut reaction to "fat talk" (e.g. "I'm so fat!" or the "I'm so fat; No you're not" debate). Keep in mind how the words might affect someone struggling with food issues.

Mindful Eating Support

Friends provide an enormous amount of support, but often it's helpful to obtain assistance or a second opinion from a trained professional. If you would like to learn more about mindful eating, or if you have concerns about your eating habits, contact a **Health Coach** for more information.

Week 5 Exercise Challenge

Your challenge this week is for each team member or individual to hold this full wall sit for as long as possible. You may practice this challenge as many times as you wish, but **only one session counts towards your challenge score** for the week.



How-To: Wall Sit

You perform movements with your legs every day using muscles such as your quadriceps, hamstrings, glutes, and abs. Performing a squat exercise is a great way to build strength in all of these muscles and at the same time test muscular endurance.

Target Muscles: Thighs, Glutes, Abs

To do this exercise:

- Stand straight with your back leaning against th e wall and your feet hip-width apart and about 2 feet from the wall. (If you are tall or if you have really long legs, you may have to place your feet a little farther out.)
- Slide down the wall so that your knees are at about a 90-degree angle (as if you are sitting in a chair). If your knees bend forward in front of your toes, move your feet farther away from the wall. Your hips should also be bent at a 90-degree angle so that your thighs are parallel to the floor.
- Raise your arms up parallel to the floor and keep the back of your shoulders and low back against the wall.
- Hold in this position as long as possible then straighten back up.

Award Levels for a Wall Sit

Records your results on the Know Your Numbers – Progress Tracking Sheet	
2 points	5 – 60 seconds
4 points	61 - 120 seconds
6 points	121 – 240 seconds
8 points	241 or more seconds

Mix it Up! Try These Exercises

Wall sits are a great way to break up the work day by strengthening your thighs, back and seat while improving posture. Try these alternate exercises that work slightly different muscle groups. Please note that these do not count toward your weekly score.

Option 1: Chair Squat

This squat variation is great for beginners, for anyone with knee problems or for those who are overweight and need a bit more support.

- Place a chair just behind you and stand in front of it with feet about hip- or shoulder-width apart.
- Contract the abs and keep them tight as you bend the knees and slowly squat towards the chair.
- Keep the knees behind the toes as you sit down on the chair for a few seconds.
- Contract the glutes and hamstrings to lift up out of the chair and begin extending the legs.
- Fully extend the legs until you're back to standing position.
- To progress, squat down until you're just hovering over the chair, but not sitting all the way down. Make sure to always keep the knees in line with the toes!

Plyometric Jump Squats

Plyometric jump squats are an advanced move that give many of the same benefits of standard squats—full-body strength training, core stabilization, and tendon and ligaments strengthening—plus the added benefits of balance, coordination, and explosive power training.

- Stand on the floor with your arms up at the sides of your head with elbows bent, your hands gently cupping the sides of your head, and your feet shoulder-width apart. Position your feet so that your toes are pointed straight ahead.
- From the starting position, slowly lower down to a fully squatted position, pulling your weight down through your leg muscles as you descend. Keep your weight back on your heels as you go down. Push your chest out very slightly in front of you to counterbalance the heavy load on your heels.
- When you have reached the depth of the squat, reverse motion and jump up into the air as high as you possibly can.
- When you land from your jump, go immediately into your next squat.

WEEK 6

Week 6 Activities

1. Weigh yourself (optional)
2. Track your food intake
3. Exercise at least 20 minutes per day
4. Practice mindful eating
5. Review and update your SMART goal
6. Read weekly tips
7. Complete week 6 Exercise Challenge

It's easy to be motivated when you first set goals or start a new activity. But after time, you may not feel as motivated. Try to reward yourself as you reach short-term goals. Think, "If I eat well 4 days this week, I'm going to treat myself to a _____." Choose non-food rewards such as a manicure, a night at the movies, new workout clothes, a new cookbook, or other small treat.

Try these other helpful hints to help you stay motivated:

- Remember your goal
- Revisit your reasons for wanting to change
- Stay aware of the benefits you've achieved so far
- Celebrate your successes, no matter how small
- Come up with a positive affirmation that helps you stay motivated and repeat it to yourself regularly

Positive Affirmation Examples:

"I choose to make positive healthy choices for myself"

"I am getting stronger, slimmer, and healthier every day"

"I deserve to have a slim, healthy, attractive body"

Stay Motivated: Plan Ahead

An important aspect of staying motivated is staying in control of your weight-loss goals. Keeping one step ahead of yourself can help reduce potential temptations or challenges that occur in our daily lives. Plan ahead for these challenges by:

- Packing your lunch for the next day the night before so you can just grab and go. Same goes for breakfast if you eat on the run.
- Going to bed and getting up 20 to 30 minutes earlier so that you will have time to eat breakfast, pack lunch, or go for a quick walk.
- Cooking several meals on the weekends and storing in the fridge or freezer for easy, quick weekday meals.
- Always having healthy snacks around - at the office, in your car, at home - so that you're less likely to choose unhealthy foods when hunger strikes.
- Thinking ahead about what you will order before you get to the restaurant, avoiding temptations.
- Create a pantry planner and post the list inside your cupboard for easy reference. Simply note when you're running low on your healthy food items and add them to your shopping list so the next time you go to the grocery store you'll know exactly what you need. There are several phone apps available you can use as well.
- Cut up fruits and vegetables so they are ready to eat or can be easily thrown into meals.

Healthy on-the-go snacks

Snacks or mini-meals eaten throughout the day will help keep you fueled and prevent you from becoming overly hungry. Try to keep some of these grab-and-go snacks at your desk, in your bag, or nearby.

- Granola bars
- Light cheese sticks
- Whole-wheat crackers
- Popcorn
- Mixed nuts or trail mix
- Dark chocolate covered raisins
- Whole fruits

Worried about fresh produce going bad? Frozen fruits and vegetables are often just as nutritious as fresh and last a lot longer. Add frozen vegetables to soups, casseroles, or stir-fry. Use frozen fruit in smoothies and baked goods.

Week 6 Exercise Challenge

To earn points for this week each team member or individual is to see how many tricep dips they can do at once without stopping. You may practice this challenge as many times as you wish, but **only one session counts towards your challenge score** for the week.

How-To: Tricep Dips

This is a great exercise that works your shoulders, arms, and core. The best part about this exercise is that the only equipment you need is a chair!

Target Muscles: Triceps

To do this exercise:

Sit on a bench or sturdy, heavy chair.

- Begin with the hands next to or slightly under the hips. Your fingers should be facing forward and curled over the edge of the chair.
- Extend your legs out in front of you with the knees slightly bent. Lift up your toes so that just your heels press into the floor.
- Bend the elbows as you let your bottom and hips drop down towards the floor. Keep your hips very close to the chair. Your elbows should bend to slightly less than a 90 degree angle.
- Use your arms (not your bottom or legs) to press yourself back up until the arms are straight but the elbows aren't locked.
- Lower back down, and press up. Down + up = one tricep dip.

Award Levels for a Tricep Dips

Records your results on the Know Your Numbers – Progress Tracking Sheet	
2 points	1 – 10
4 points	11 – 25
6 points	26 -40
8 points	41 or more

Too Easy? Try These Exercises

Tricep dips are a great addition to most workouts, but if you are an experienced exerciser, you might want something more intense. These no-equipment tricep exercises are more challenging than the tricep dips. Please note that these do not count toward your weekly score.

Tricep Pushups

This is an advanced variation of the traditional pushup that involves more triceps work. It also requires balance.

- Lie with your stomach flat against the floor.
- Place your hands at shoulder level, with your fingertips pointing forward and your palms shoulder width apart. Your elbows should be back, close to your body.
- Your feet should be together and parallel to each other. Keep your legs straight and your toes tucked under your feet.
- Straighten your arms as you push your body up off of the floor.
- Exhale as your arms straighten out. Pause for a moment.
- Lower your body slowly toward the floor, bending your elbows and keeping them tucked into your sides. Keep your body straight and your feet together.
- Inhale as you lower your body down. Pause for a moment. Repeat steps 4-7 as many times as you can. One push-up equals coming all the way down to the matt and back to starting position.

One-Arm Triceps Pushups

By lifting and lowering your own body weight with one arm-as in this exercise, you really challenge the triceps muscle. These are for experienced exercisers, but skip it if you have any elbow or shoulder problems.

- Lie on your right side with the knees bent and the hips stacked.
- Wrap the bottom arm around the waist or lightly on your shoulder and place the left hand on the floor in front of you.
- The fingers should point towards the right.
- Contract the triceps to push the body up and off the floor, straightening the left arm as much as you can without locking the elbow.
- Lower a few inches and continue pushing up and down for 8-12 reps before switching sides.

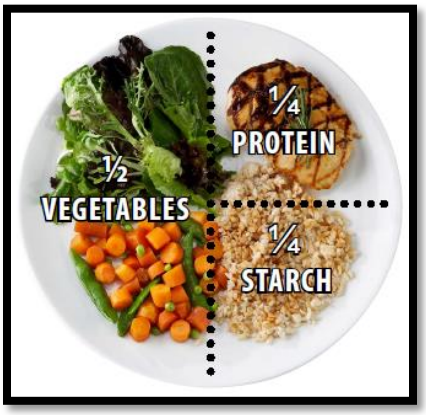
WEEK 7

Week 7 Activities

1. Weigh yourself (optional)
2. Portion and track your food intake
3. Exercise at least 20 minutes per day
4. Practice mindful eating
5. Read weekly tips
6. Complete week 7 Exercise Challenge

Portion Size Your Plate

When you're trying to eat healthfully, it's essential to keep track of just how much you're eating. It's all too easy to misjudge correct portion sizes. For most people, weighing food is overkill. It is time-consuming and not much fun, and these two things can drain your willpower. Even worse, the variability in measuring will simply drive you crazy. Thankfully there are easier ways to estimate portion sizes without weighing them. Here are some easy comparisons to help you figure out how many servings are on your plate.



½ PLATE VEGETABLES:

Fill half your plate with a colorful assortment of different vegetables for good nutrition and tastes to please your palate.

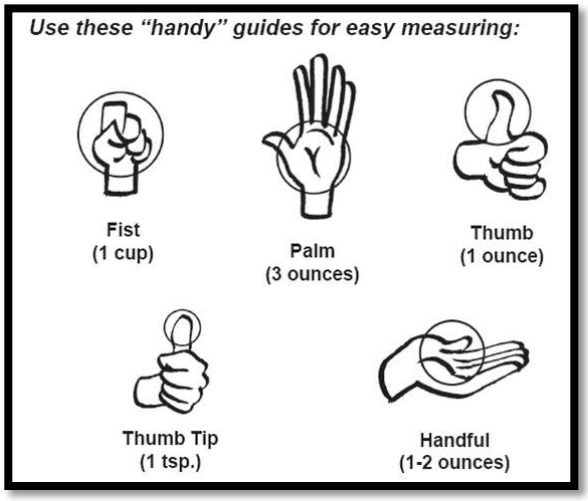
¼ PLATE PROTEINS:

Low-fat proteins are good for your heart and better for your waistline. Bake, broil, or grill your way to a delicious and healthy meal.

¼ PLATE STARCHES:

Whole-grain starches are good for your heart and keep you feeling fuller longer. While foods like yams, potatoes and corn are considered vegetables, they are high in starch and should be placed on this part of your plate.

Portion vs. Serving



Portion

A "portion" is the amount of food that you choose to eat for a meal or snack. It can be big or small – you decide.

Serving

A "serving" is a measured about of food or drink, such as one slice of bread or 1 cup of milk. Some foods that most people consume as a single portion may actually contain multiple servings (e.g. a 20 oz soda or a pint of Haagen-Dazs).

Eating Smaller Portions

Anyone eating on the run or at restaurants has probably noticed that food portions have gotten larger. Some portions are called "super-size," while others have simply grown in size and provide enough food for at least two people. With this growth have come increases in waistlines and body weight.

This doesn't mean that you have to eat a sandwich with one piece of bread. It just means that if you eat two slices, you should count them both toward your total grain intake for the day. Here are some other ideas that can help you reduce your portion sizes at home and when you go out to eat.

- **When cooking at home:** Offer the proper "serving" to each member of the family, then put the extra food away. Save leftovers for another meal.
- When dining out: Skip the appetizers and split a large salad or main dish with a friend.
- **When ordering takeout at home:** Eat one slice of pizza instead of two, and order a small instead of a medium to split among the family so the pieces are smaller.
- **Watching movies at home or at the theatre:** Don't eat while watching TV or a movie or when you're on the computer. It's harder to control how much you're eating if you don't pay attention to what you're putting in your mouth, and when. At the movies, share a box of popcorn, and avoid the free-refill tubs and skip the candy.
- **At snack time:** Never eat straight from the bag or box. Measure out snacks, including fruits and veggies, into appropriate portion sizes.

Seasonal Weight Loss Challenge

To see typical portions for various foods, refer to the images below.

1 cup
= baseball

½ cup
= light bulb

1 oz or 2 tbsp
= golf ball

1 tbsp
= poker chip

1 slice of bread
= cassette tape

3 oz meat
= deck of cards

3 oz of fish
= checkbook

1 oz of lunch meat
= compact disc

3 oz biscuit
= hockey puck

1 ½ oz cheese
= 3 dice

Grains

1 cup of cereal = baseball
1 pancake = compact disc
½ cup cooked rice= light bulb
½ cup cooked pasta = light bulb
1 slice bread = cassette tape
1 bagel = 6 oz can of tuna
3 cups popcorn = 3 baseballs

Fruits & Vegetables

1 medium fruit = baseball
½ cup grapes = 16 grapes
1 cup strawberries = 12 berries
1 cup salad greens = baseball
1 cup carrots = 12 baby carrots
1 cup cooked vegetables = baseball
1 baked potato = computer mouse

Meats, Fish & Nuts

3 oz lean meat = deck of cards or smart phone
3 oz fish = checkbook
2 tbsp peanut butter = golf ball
¼ cup almonds = 23 almonds
2 tbs hummus = golf ball

Dairy & Cheese

1 ½ oz cheese = 3 dice
1 cup yogurt = baseball
½ ice cream or frozen yogurt = light bulb

Fats & Oils

1 tbsp butter or spread = poker chip
1 tbsp salad dressing or oil = poker chip
1 tbsp oil = poker chip

Sweets & Treats

1 piece chocolate = dental floss package
1 slice of cake = deck of cards
1 cookie = about 2 poker chips

Employee Wellness
Wellness website

150 W. Congress, 4th Floor
Tucson, AZ 85701

Ph: (520) 724-8114
Fax: (520) 724-8150

Week 7 Exercise Challenge

To earn points for this week each team member or individual is to see how long they can hold the plank position without stopping. You may practice this challenge as many times as you wish, but only **one** session counts towards your challenge score for the week.

How-To: The Plank

The core muscles provide your body with the key foundation for all other movement. They are what hold your spine in place and give you a solid foundation for every single movement that you make with your arms and legs. The plank exercise is a great way to build endurance in the abs and back, as well as stabilizer muscles.

Target muscles: Abdominals

To do this exercise:

- Lie face down on the floor resting on your forearms, with palms flat on the floor.
- Push off the floor, raising up onto your toes and resting on your elbows.
- Keep your back flat, in a straight line from your head to your heels.
- Tilt your pelvis and contract your abdominals to prevent your rear end from sticking up in the air.
- Hold steady for as long as you can with proper form.

Award Levels for the Plank

Records your results on the Know Your Numbers – Progress Tracking Sheet	
2 points	2 – 15 seconds
4 points	16 – 40 seconds
6 points	41 – 119 seconds
8 points	120 or more seconds

Mix it Up! Try These Plank Variations

Here are a few variations to recruit additional muscles into your plank workouts. Please note that these do not count toward your weekly score.

Kneeling Side Plank

This variation of the plank may be suitable for beginners.

- Lie on your right side on an exercise mat with your left leg lying directly over your right leg and bend your knees to a comfortable position. Raise your upper body to support yourself on your right arm, your right elbow should bend to 90 degrees and be positioned directly under your shoulder. Align your head with your spine and keep your hips and lower knee in contact with the exercise mat.
- Exhale, gently contract your abdominal / core muscles to stiffen your spine and lift your hips off the mat, but keeping contact with your knee, and head aligned with your spine.
- Hold as long as you can and then slowly lower your hip down. Repeat on the opposite side.

To make this more challenging, stack both feet on top of each other and lift as above.

Reverse Plank

This advanced plank variation strengthens your back, shoulders, triceps, core and quadriceps muscles.

- Sit with palms on ground, below shoulders. Squeezing butt and thighs. Try to point your toes forward.
- Lift your hips up off the ground and straighten your arms until your body forms a straight line from your shoulders to your hips, knees and ankles.
- Keep body in straight line- don't let hips raise or lower. Be sure not to hold your breath. Try to keep your neck in alignment with your spine by not letting the head tip back.
- Hold the position for as long as you can with proper form, then lower down.

Week 8

Week 8 Activities

1. Weigh yourself one final time at the end of the week (required)
2. Portion and track your food intake
3. Exercise at least 20 minutes per day
4. Practice mindful eating
5. Change your self-talk & visualize your success
6. Read weekly tips
7. Complete week 8 Exercise Challenge
8. Submit the Certificate of Completion to Employee Wellness
9. Take the short Quiz and Program Evaluation

Change Your Self Talk

Changing our thought process can be difficult at first. Our thoughts can influence what we do…including whether or not we meet our goals. This type of silent conversation we have with ourselves is referred to as "self-talk". You can actually talk yourself into doing something – such as losing weight – or talk yourself out of it.

How's your self-talk? Listen to the little voice in the back of your head. Is it positive and moving you toward your goal or is it destructive and moving you further away? The great news is that even negative self-talk can be changed by positive thinking.

Negative Self-Talk	Positive Self-Talk
I'm a hopeless failure. It's been over a week, and I haven't lost a pound.	If I keep making these small changes, I'll reach my goals.
My parents are both overweight. I will be too, because it's in my genes.	My genes aren't my destiny. I know I can lose weight with healthier habits.
It's not fair that I have to eat diet food when everyone else can eat what they want.	I'm not alone in choosing healthful, nutritious foods that my body deserves.
It's time for my daily punishment for being fat. I have to go to the gym.	Once I finish exercising, I always feel re-energized and in control.

Visualize Your Success

You can also think your way to better health by using visualization techniques. Visualization is the ability to create a mental picture of something and can be a useful tool in attaining your goals. You've probably been using visualization techniques more than you know. Unfortunately, most of the images we have in our head do more harm than good. The most common type of imagery is worrying through negative thoughts.

To begin using visualization techniques to assist you with your health goal you will need to imagine as clearly and realistically as possible *what you want to happen, as if it has already happened or is already happening.*

Take the goal you picked in week 1 and write it down:

Now change it to an affirmation by writing it in the present tense, as if it were *already* true (remember not to use words like "will" or "want", because these are future goals, not present):

Close your eyes, take a few deep breaths, and try to relax your mind and body. Repeat your affirmation to yourself a few times to "try it on for size". The more your repeat your message (out loud is best), the better it will work.

Of course, this technique will not be sufficient enough to reach your goal. You can visualize all day long, but if you don't take the necessary steps to meet your goals, it will not do you much good.

Visualization can put you in the right frame of mind so you can take the right steps toward your goal. You become clear about what you want, and how to get there.

Seasonal Weight Loss Challenge

Week 8 Exercise Challenge

For the last week of the program, you get to choose your challenge from any of the previous weeks' Challenges. A summary is below and you can refer back to previous weeks' instructions.

Push-ups Challenge

2 points	.5 - 8
4 points	9 - 15
6 points	16 - 22
8 points	23 or more

Wall Sit Challenge

2 points	5 – 60 seconds
4 points	61 - 120 seconds
6 points	121 – 240 seconds
8 points	241 or more seconds

Abdominal Crunches Challenge

2 points	5 – 20
4 points	21 – 35
6 points	36 – 60
8 points	61 or more

Tricep Dips Challenge

2 points	1 – 10
4 points	11 – 25
6 points	26 -40
8 points	41 or more

Static Lunges Challenge

2 points	2 – 20
4 points	21 – 60
6 points	61 – 100
8 points	101 or more

The Plank Challenge

2 points	2 – 15 seconds
4 points	16 – 40 seconds
6 points	41 – 119 seconds
8 points	120 or more seconds

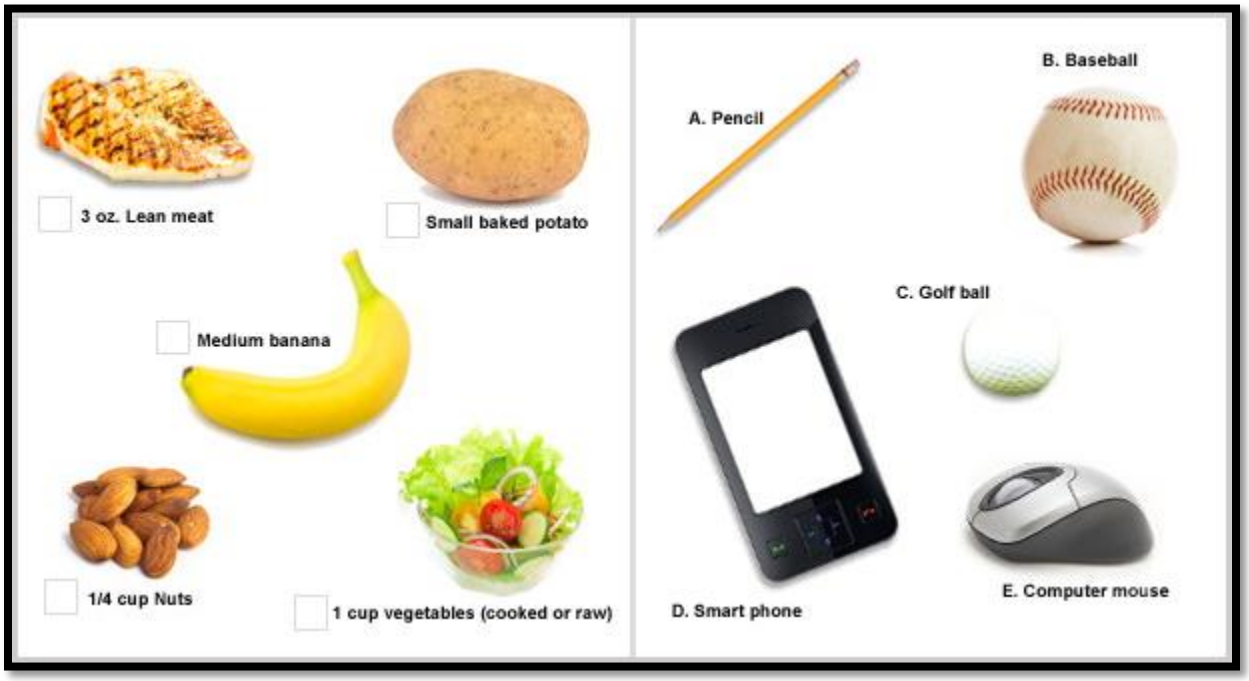
Superman Hold Challenge

2 points	5 – 30 seconds
4 points	31 – 60 seconds
6 points	61 – 90 seconds
8 points	91 or more seconds

Challenge Quiz

1) Take a look at the examples below and see how easy (or difficult) it is to choose accurate food portions.

- 3 oz. Lean meat:
- Small baked potato:
- Medium banana:
- ¼ cup nuts:
- 1 cup vegetables (cooked or raw):



2) What food group should consist of ½ your plate during each meal?

a) Grains
b) Fruits & Vegetables
c) Dairy
d) Protein
e) Fats

3) The protein group consists of lean meat, poultry, fish, eggs, low-fat milk, yogurt and cheese, plus beans, peanut butter and nuts.

a) True
b) False

4) A SMART goal should be Specific, Measureable, Attainable, Relevant and Time-bound.

a) True
b) False

5) Normal weight fluctuations may be due to:

a) Water retention due to hormonal changes
b) The weather
c) Eating starchy or salty foods
d) All of the above

6) A _____ is the amount of food that you choose to eat for a meal or snack. It can be big or small – you decide.

a) Serving
b) Portion

7) Traditional pushups target which muscles?

a) Deltoids, pectorals, triceps, biceps, abdominals
b) Quads, hip flexors, abdominals
c) Glutes, abdominals and back
d) Arms only
e) Chest only

8) One pound of weight loss is equivalent to _____ calories?

a) 3,000
b) 3,500
c) 2,400
d) 500

9) The recommended **daily** physical activity for adults is:

a) 30 to 60 minutes of moderate to vigorous intensity physical activity
b) 150 minutes of moderate physical activity
c) 90 minutes of low intensity physical activity

10) You should wait until you are starving before you eat.

a) True
b) False

Answers to Quiz: 1) d, e, b, c, b 2) b 3) a 4) a 5) d 6) b 7) a 8) b 9) a 10) b

Program Evaluation

Thank you for participating! We hope you found the program enjoyable, motivating and beneficial to your health. To continuously improve the programs we offer and to gain support future programming, we need your feedback. Please complete the following quick survey and return it to us as soon as possible.

1) Did this program help you improve your eating habits? **Y/N**
   a) If "No", did you already engage in healthy eating habits the majority of the time? **Y/N**

   b) If "No", did this program help keep you motivated to continue with healthy eating habits? **Y/N**

2) If applicable, how did this program benefit you? Check all that apply
   a) Lost weight (how many pounds):
   b) Have more energy
   c) Exercise more
   d) Fewer doctor's visits
   e) Healthier eating habits
   f) Reduced calorie intake
   g) Lower blood pressure
   h) Fewer sick days
   i) Other:

3) Would you participate in this or a similar program in the future? **Y/N**

4) Did you find the format of this challenge easy to follow? **Y/N**
   a) If "No", what suggestions do you have for future changes to the format?

5) Please rate the 8-week length of the program:
   a) Too short b) Just right c) Too long

6) Would you have participated in this challenge if prizes or points were NOT offered?

7) Please write any comments or suggestions you have about this program:

Thank you for your feedback!

Seasonal Weight Loss Challenge

Certificate of Completion

EIN:

Name:

Worksite Address:

Start Date:

Completion Date:

Please Check One:

Maintain within 2 lbs. of initial weight

Lost between 2%-4.9% of initial weight

Lost 5% or greater of initial weight

Gained more than 2 lbs. of initial weight

Total Exercise Challenge Points:

By completing the Challenge you will:

- Be entered into a drawing for a **$100 Corporate Rewards gift card**.
- Receive an additional **surprise incentive** based on your total Exercise Challenge Points.
- Earn **Healthy Lifestyle Activity Points (HLAPs)** based on your weight loss success.

CHALLENGE GUIDELINES	HLAPS
Maintain within 2lbs of initial weight	20
Lose between 2% - 4.9% of initial weight	25
Lose 5% or greater of initial weight	30

Please submit this within 30 days of the date you completed the challenge.

WIN A $100 CORPORATE REWARD GIFT CARD

You will be entered into a drawing for a $100 Corporate Rewards gift card for the season in which you completed the challenge.

Spring Challenge: March – May

Summer Challenge: June – August

Fall Challenge: September – November

Winter Challenge: December - February

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