



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



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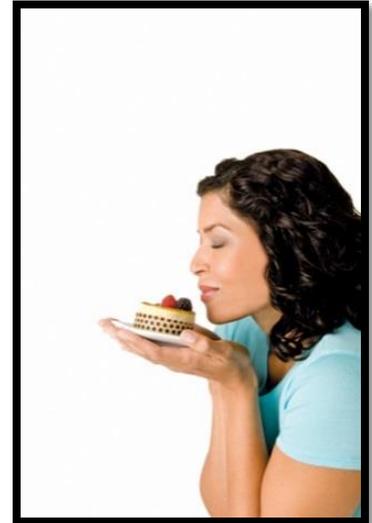
Here are a few mindful eating tips you can use to help you break free from your old routine eating habits.

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.



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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.

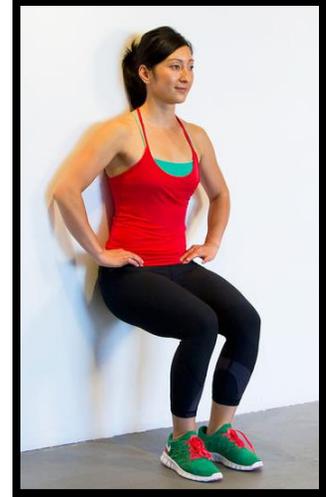
How-To: Wall Sit

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 the 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



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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.