



# Seasonal Weight Loss Challenge



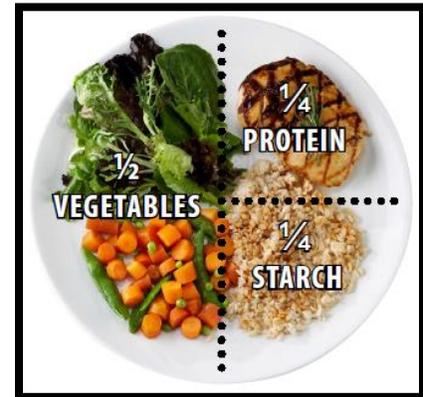
## WEEK 7

### 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.



#### **1/2 PLATE VEGETABLES:**

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

#### **1/4 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.

#### **1/4 PLATE STARCHES:**

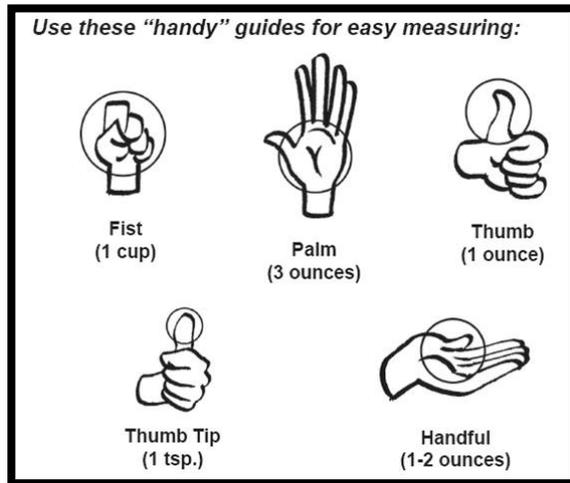
Whole-grain starches are good for your heart and keep you feeling fuller longer. While foods like yams, potatoes and corn are considered vegetables, they are high in starch and should be placed on this part of your plate.



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## 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 amount 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



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## 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.

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### Award Levels for the Plank

#### Records your results on the Know Your Numbers – Progress Tracking Sheet

<b>2 points</b>	2 – 15 seconds
<b>4 points</b>	16 – 40 seconds
<b>6 points</b>	41 – 119 seconds
<b>8 points</b>	120 or more seconds

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## 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.

