



Seasonal Weight Loss Challenge



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.



Seasonal Weight Loss Challenge



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 you 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