



# Seasonal Weight Loss Challenge



## 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:

- Same time of day, on the
- Same day each week, wearing the
- Same clothing, and using the
- Same 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.



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## 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.

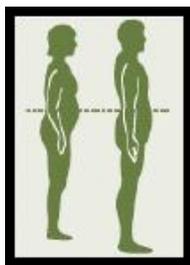
Use the **BMI Calculator** to estimate your estimated body fat. The BMI score means the following:

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.



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## 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

**Measurable:** 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.



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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!*



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## 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 and back to starting position.

### Award Levels for Push-up Challenge

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

<b>2 points</b>	.5 - 8
<b>4 points</b>	9 - 15
<b>6 points</b>	16 - 22
<b>8 points</b>	23 or more



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## 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.

