



Seasonal Weight Loss Challenge



WEEK 2

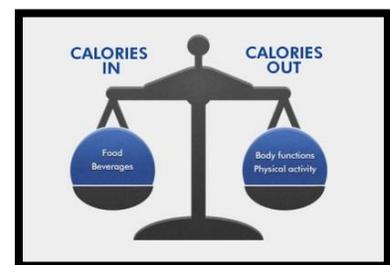
Week 2 Activities

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.



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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.

$$\text{RMR} = \frac{\text{_____}}{\text{Your body weight}} \times 10 = \text{_____} = \text{Total calories}$$

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

$$\text{LCN} = \frac{\text{_____}}{\text{Total calories (number above)}} \times \frac{\text{_____}}{\text{Activity level Number (see chart below)}} = \text{Total daily calories}$$

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.)



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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 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!)



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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



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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.

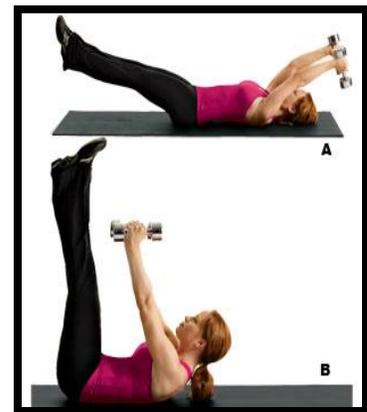
- Lie on your mat with your back flat to the floor.
- Place your hands out to your sides with palms facing down and on the floor.
- Lift your legs off the floor and bend your knees at a 90 degree angle.
- Using your ab muscles lift your hips off the ground and bring your knees towards your chest while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