



Seasonal Weight Loss Challenge



WEEK 3

Week 3 Activities

1. Weigh yourself (optional)
2. Track your food intake
3. Exercise at least 20 minutes per day
4. Read weekly tips
5. Complete week 3 Exercise Challenge

Moving more benefits people of all ages, shapes, sizes and abilities. The 2008 Physical Activity Guidelines for Adults recommend you reach your physical activity goals through different types and amounts of activity each week.

Avoid inactivity! Some movement is better than no movement. More movement is better than some movement. Boost your health with 30 minutes of moderately intensive aerobic activity at least five times a week. Moderately intensive activity causes you to breathe harder and your heart to beat faster, but you can still carry on a conversation. Keep in mind that aerobic activity should be done in no less than 10-minute increments. Three 10-minute walks each day can improve your health.

Do muscle strengthening activities at least two times per week that work all major muscle groups. Try push-ups, squats, abdominal crunches and lunges.

Build up to 300 minutes per week of moderately intensive activity for even more health benefits.

Overcoming Barriers to Physical Activity

Given the health benefits of regular physical activity, we might have to ask why two out of three (60%) Americans are not active at recommended levels.

Many technological advances and conveniences that have made our lives easier and less active, many personal variables, including physiological, behavioral, and psychological factors, may affect our plans to become more physically active. Here are some of the most common exercise barriers and tips to overcome them:



Seasonal Weight Loss Challenge



Do not have enough time to exercise

Change your perception. The recommended exercise duration (150 minutes) represents only about 1% of your time in a week. Prioritize what is really important in your life. Use time management skills to schedule exercise during your week.

If you can't find a block of 30 minutes in your day, break up your exercise time into two periods of 15 minutes. Include physical activities that you can perform as part of your daily routine. For example, you could walk for 15 minutes after lunch.



Find it inconvenient to exercise

Try adding physical activity into your daily routine. For example, walk or ride your bike to work or to run errands. You can walk your dog, exercise while you watch TV, or park further away from your destination.

Lack self-motivation or too tired

If you have no energy at the end of the day, try working out in the morning or keep a pair of walking shoes at your desk and take a brisk walk during your lunch break. If the mere thought of a morning walk or job makes you tired, choose a time of day when you tend to feel the most energetic – or at least not quite so lazy. Block off times for physical activity and encourage support from friends, family and co-workers.

Exercise is boring

Find an activity you love. Try inline skating, dancing, or gardening. If it makes exercise more enjoyable for you, it's OK to watch TV or read while you're on the exercise bike or treadmill, as long as your workout is still challenging. Include a variety of exercises and make sure to mix it up often to prevent boredom and keep your body challenged.

It's too hot!

Yes, we will in Tucson, a very climate in the summer for running outdoors – although some people still do. If you cannot embrace the hot desert weather there are still many options available to you, mainly involving indoor recreation. You can join a gym or workout at home to stay cool. Try exercising early in the morning before the temperature rises to those scorching degrees.

Understanding some common barriers to physical activity and creating strategies to overcome them may help you make physical activity part of your daily life.



Seasonal Weight Loss Challenge



WEEK 3 EXERCISE CHALLENGE

This week your fitness challenge is to complete lunges. See how many lunges you can complete on the left and then right leg without stopping. Remember you may practice as many times as you would like, but only **one session counts toward your weekly score**.

TARGET MUSCLES: QUADRICEPS, GLUTEAL MUSCLES, HAMSTRINGS

How-To: Static Lunges

During static lunges you are simply dropping one knee down rather than stepping forward or back. For beginners you can try this lunge while holding onto a chair or counter top for support.



To do this exercise:

- Stand with right foot forward, left foot back about 3 feet apart.
- Hold weights in each hand if desired and bend the knees to lower the body towards the floor. Keep the front knee behind the toes and be sure to lower straight down rather than forward.
- Keep the torso straight and abs in as you push through the front heel and back to starting position.
- Don't lock the knees at the top of the movement.
- Perform as many as you can with the right foot forward, then switch and perform as many as you can with the left foot forward.

Award Levels for Static Lunges

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

2 points	2 – 20
4 points	21 – 60
6 points	61 – 100
8 points	101 or more



Seasonal Weight Loss Challenge



Bored of Lunges? Try these alternatives

Lunges are a great way to kick-start your lower body workout, but sometimes a little variation is nice! Try these lunge variations that targets a slightly different muscle group. Please remember these exercises do not count for your weekly challenge score.

Side Lunges

Side lunges are a great way to vary your lunges and put more emphasis on the inner thighs along with the glutes, quads and hips. Side lunges also help you work on balance and stability.

- Step out to the right, keeping the left leg straight and both feet pointing forward.
- As your right foot hits the ground, bend at the hip and push your glutes back as you shift all the weight to your right leg.
- Lunge down until the shin is vertical to the floor and the right knee is in line with your toes, both heels flat.
- Push into the heel back to starting position and repeat on the other side for 1-2 sets of 10-16 reps.



Sliding Lunges

The sliding lunge is a new twist on the lunge, involving the quadriceps more while also working on balance and stability. You will need a paper plate to do this exercise.



- Stand with feet hip-width apart, the ball of the left foot resting on the paper plate or a Gliding Disc.
- Bend the right leg while sliding the left foot backwards into a lunge position.
- Keep the front knee behind the toe and keep the back leg slightly bent.
- Slowly slide the left foot back to start, pushing into the plate and repeat for 8-16 reps before switching sides.
- Keep the weight in the front leg so you always have control of the foot resting on the plate.