



Seasonal Weight Loss Challenge



WEEK 4

Week 4 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 4 Exercise Challenge

Eating right isn't just about looking good — it's about staying healthy, providing your body with the fuel it needs to function at its best, and preventing certain diseases, like type 2 diabetes, hypertension, and cancer. Plus, when you eat well, you feel better. People who limit their diet to junk foods will undoubtedly suffer the consequences of not giving their bodies what they need to thrive. The result is not only fatigue and low energy, but poor health as well. Understanding this clear connection between your health and your diet may spur you to make better dietary choices.

Carbohydrate, protein, and fat are components of foods and drinks that provide calories. "Calories" matter when it comes to body weight, not the calorie source. You should not select a diet that avoids or severely limits carbohydrates, protein, or fat. Similarly, you should not select a diet that avoids any of the food groups. There are choices within each food group that provide the nutrients you need, without too many calories.





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The Basics of the Nutrition Facts Panel

The following is a quick guide to reading the Nutrition Facts Panel.

Start with the Serving Size

- Look here for both the serving size (the amount for one serving) and the number of servings in the package.
- Compare your portion size (the amount you actually eat) to the serving size listed on the panel. If the serving size is one cup and you eat two cups, you are getting twice the calories, fat and other nutrients listed on the label.

Check Out the Total Calories and Fat

- Find out how many calories are in a single serving and the number of calories from fat. It's smart to cut back on calories and saturated fats if you are watching your weight.

Let the Percent Daily Values (DV) Be Your Guide

Use percent Daily Values to help evaluate how a particular food fits into your daily meal plan:

- **Daily Values are average levels of nutrients for a person eating 2,000 calories a day.** A food item with a 5% DV of fat provides 5% of the total fat that a person consuming 2,000 calories a day should eat.
- Adjust your intake according to your own dietary needs.

The High and Low of Daily Values

- 5% or less is low. Aim low in total fat, saturated fat, trans fat, cholesterol and sodium.
- 20 percent or more is high. Aim high in vitamins, minerals and fiber.

Limit Fat, Cholesterol and Sodium

Eating less fat, cholesterol and sodium may help reduce your risk for heart disease, high blood pressure and cancer.

- Total fat includes saturated, polyunsaturated, monounsaturated and trans-fat. Limit to 100 percent DV or less per day.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



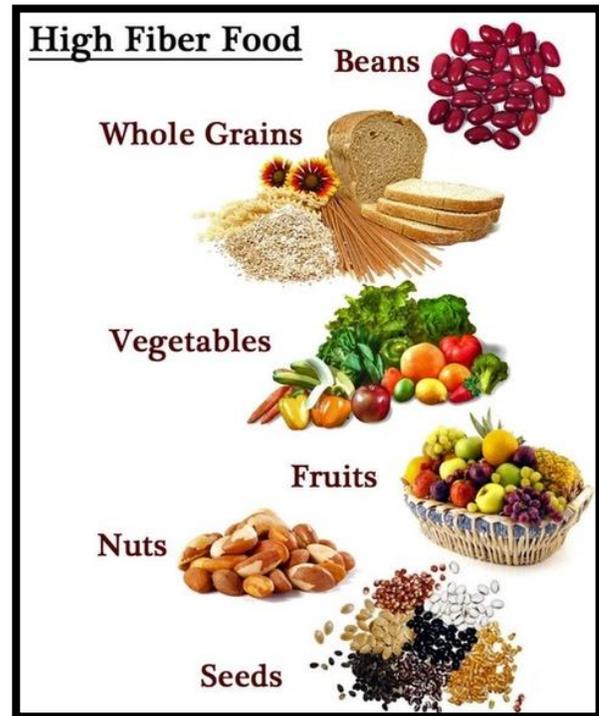
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- Saturated fat and trans fat are linked to an increased risk of heart disease.
- High levels of sodium can add up to high blood pressure.
- Remember to aim for low percentage DV of these nutrients.

Get Enough Vitamins, Minerals and Fiber

- Eat more fiber, vitamins A and C, calcium and iron to maintain good health and help reduce your risk of certain health problems such as osteoporosis and anemia.
- Choose more fruits and vegetables to get more of these nutrients.
- Remember to aim high for percentage DV of these nutrients.



Additional Nutrients

You know about fat and calories, but it is important to also know the additional nutrients on the Nutrition Facts Panel.

Protein

Most Americans eat more protein than they need, so a percentage Daily Value is not required on the label. Eat moderate portions of lean meat, poultry, fish, eggs, low-fat milk, yogurt and cheese, plus beans, peanut butter and nuts.

Carbohydrates

There are three types of carbohydrates: sugars, starches and fiber. Eat whole-grain breads, cereals, rice and pasta plus fruits and vegetables.

Sugars

Simple carbohydrates or sugars occur naturally in foods such as fruit juice (fructose) or come from refined sources such as table sugar (sucrose) or corn syrup.

Check the Ingredient List

Foods with more than one ingredient must have an ingredient list on the label. Ingredients are listed in descending order by weight. Those in the largest amounts are listed first. This information is particularly helpful to individuals with food sensitivities, those who wish to avoid pork or shellfish or limit added sugars or people who prefer vegetarian eating.



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WEEK 4 EXERCISE CHALLENGE

Your challenge this week is to perform a superman hold for as long as you can. 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: Superman Hold

The superman hold is a classic exercise to build strength in your back and core muscles. It is especially good for maintaining spinal health and relieving back pain.

TARGET MUSCLES: LOWER BACK

To do this exercise:

- Start by lying on your stomach with face down.
- Raise your shoulders and hold yourself up with your arms extended in front of you.
- Hold for as long as you can, then return to starting position.

Make sure your limbs are straight (but not locked) and you are not holding your breath. To adjust intensity, try lowering or raising your limbs. You might also want to “practice” for a few reps, about 30 seconds each, before you attempt your scoring session for the week.



Award Levels for Superman Hold

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

2 points	5 – 30 seconds
4 points	31 – 60 seconds
6 points	61 – 90 seconds
8 points	91 or more seconds



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Mix it Up! Try These Variations

Superman holds are a great way to strengthen your lower back and core muscles, improving your spinal health. Try these variations that work slightly different muscle groups. Please note that these do not count toward your weekly score.



Kneeling Superman

This superman hold variation engages more of your upper back muscles, in addition to your lower back and core muscle groups.

- Start by getting onto your hands and knees, with your back horizontal to the floor and your arms and knees at 90 degree angles to your body.
- Tighten your abdominal muscles and focus on your breathing.
- Raise your left arm and right leg. Your left arm through to your right leg should be parallel to the ground.



Alternating Superman

This advanced move engages the lateral muscles of your lower back. Keep your arms and legs as straight as possible.

- Lie face down with arms and legs out straight. Keep your neck in a neutral position.
- Slowly raise one arm and the opposite leg at the same time, until they are several inches off the floor.
- Pause and hold this position for several seconds.
- Slowly lower back to the starting position.