



Seasonal Weight Loss Challenge



WEEK 6

Week 6 Activities

1. Weigh yourself (optional)
2. Track your food intake
3. Exercise at least 20 minutes per day
4. Practice mindful eating
5. Review and update your SMART goal
6. Read weekly tips
7. Complete week 6 Exercise Challenge

It's easy to be motivated when you first set goals or start a new activity. But after time, you may not feel as motivated. Try to reward yourself as you reach short-term goals. Think, "If I eat well 4 days this week, I'm going to treat myself to a _____." Choose non-food rewards such as a manicure, a night at the movies, new workout clothes, a new cookbook, or other small treat.

Try these other helpful hints to help you stay motivated:

- Remember your goal
- Revisit your reasons for wanting to change
- Stay aware of the benefits you've achieved so far
- Celebrate your successes, no matter how small
- Come up with a positive affirmation that helps you stay motivated and repeat it to yourself regularly

Positive Affirmation Examples:

"I choose to make positive healthy choices for myself"

"I am getting stronger, slimmer, and healthier every day"

"I deserve to have a slim, healthy, attractive body"



Seasonal Weight Loss Challenge



Stay Motivated: Plan Ahead

An important aspect of staying motivated is staying in control of your weight-loss goals. Keeping one step ahead of yourself can help reduce potential temptations or challenges that occur in our daily lives. Plan ahead for these challenges by:

- Packing your lunch for the next day the night before so you can just grab and go. Same goes for breakfast if you eat on the run.
- Going to bed and getting up 20 to 30 minutes earlier so that you will have time to eat breakfast, pack lunch, or go for a quick walk.
- Cooking several meals on the weekends and storing in the fridge or freezer for easy, quick weekday meals.
- Always having healthy snacks around - at the office, in your car, at home - so that you're less likely to choose unhealthy foods when hunger strikes.
- Thinking ahead about what you will order before you get to the restaurant, avoiding temptations.
- Create a pantry planner and post the list inside your cupboard for easy reference. Simply note when you're running low on your healthy food items and add them to your shopping list so the next time you go to the grocery store you'll know exactly what you need. There are several phone apps available you can use as well.
- Cut up fruits and vegetables so they are ready to eat or can be easily thrown into meals.



Healthy on-the-go snacks

Snacks or mini-meals eaten throughout the day will help keep you fueled and prevent you from becoming overly hungry. Try to keep some of these grab-and-go snacks at your desk, in your bag, or nearby.

- Granola bars
- Light cheese sticks
- Whole-wheat crackers
- Popcorn
- Mixed nuts or trail mix
- Dark chocolate covered raisins
- Whole fruits

Worried about fresh produce going bad? Frozen fruits and vegetables are often just as nutritious as fresh and last a lot longer. Add frozen vegetables to soups, casseroles, or stir-fry. Use frozen fruit in smoothies and baked goods.



Seasonal Weight Loss Challenge



WEEK 6 EXERCISE CHALLENGE

To earn points for this week each team member or individual is to see how many tricep dips they can do at once without stopping. 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: Tricep Dips

This is a great exercise that works your shoulders, arms, and core. The best part about this exercise is that the only equipment you need is a chair!



TARGET MUSCLES: TRICEPS

To do this exercise:

Sit on a bench or sturdy, heavy chair.

- Begin with the hands next to or slightly under the hips. Your fingers should be facing forward and curled over the edge of the chair.
- Extend your legs out in front of you with the knees slightly bent. Lift up your toes so that just your heels press into the floor.
- Bend the elbows as you let your bottom and hips drop down towards the floor. Keep your hips very close to the chair. Your elbows should bend to slightly less than a 90 degree angle.
- Use your arms (not your bottom or legs) to press yourself back up until the arms are straight but the elbows aren't locked.
- Lower back down, and press up. Down + up = one tricep dip.

Award Levels for a Tricep Dips

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

2 points	1 – 10
4 points	11 – 25
6 points	26 – 40
8 points	41 or more



Seasonal Weight Loss Challenge



Too Easy? Try These Exercises

Tricep dips are a great addition to most workouts, but if you are an experienced exerciser, you might want something more intense. These no-equipment tricep exercises are more challenging than the tricep dips. Please note that these do not count toward your weekly score.

Tricep Pushups

This is an advanced variation of the traditional pushup that involves more triceps work. It also requires balance.

- Lie with your stomach flat against the floor.
- Place your hands at shoulder level, with your fingertips pointing forward and your palms shoulder width apart. Your elbows should be back, close to your body.
- 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, bending your elbows and keeping them tucked into your sides. 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 matt and back to starting position.

One-Arm Triceps Pushups

By lifting and lowering your own body weight with one arm-as in this exercise, you really challenge the triceps muscle. These are for experienced exercisers, but skip it if you have any elbow or shoulder problems.

- Lie on your right side with the knees bent and the hips stacked.
- Wrap the bottom arm around the waist or lightly on your shoulder and place the left hand on the floor in front of you.
- The fingers should point towards the right.
- Contract the triceps to push the body up and off the floor, straightening the left arm as much as you can without locking the elbow.
- Lower a few inches and continue pushing up and down for 8-12 reps before switching sides.