

TEAM LIFE

The Biggest Loser

I want to start by saying thank you so much for joining this challenge! Patti Waterman and I were both very excited and surprised to see such a great turn-out at our first weigh-in.

Here are the weekly weigh-in times:

Thursdays 11:30-12:30 in O-19 with Patti Waterman OR Thursdays 9:30-11am or 1-3pm at the pool with Kelly Falcone (we have so many people in the challenge we had to add more time options!). I also have two people coming between 12-1pm on Wednesdays. (at the pool).

So, lets get started!

Start with one nutrition change and one activity change.

Nutrition Change:

Evaluate your diet, what is one easy change you can make today? Are you someone who eats smaller portions, but makes bad food decisions (i.e. fast food), or are you someone that tends to make healthy choices, but eats just too much food (i.e. large portion sizes)? Here are some suggestions for cutting calories:

Drink water instead of soda and save yourself 240 calories for every 12 ounces! Ask for non-fat milk at Starbucks. Eat whole wheat bread instead of white bread. Cut down your usual portions; only eat half and save the other half for later. Use salad dressings sparingly (most dressings are very fattening!). Start educating yourself about the foods you eat. How many calories is your favorite meal? How many fat grams does it have? Here is an awesome website that has almost every restaurant and food choice in its database for you to see: www.calorieking.com

Activity Change:

If you have not been very active, start by adding little changes to your life, i.e. take the stairs not the elevator, park further away and make yourself walk a little further, get a pedometer (measure how many steps you take) and just start by try to increase your amount of steps per day by 500 steps, instead of e-mailing your co-worker go to their office and talk to them in person. There are many little changes you can make to start increasing your activity level and thus expending more calories.

****Walk with one of our Team Life committee members every Wednesday at noon. Just meet at the clock tower!****

Exercise is different from activity in that it is something that is planned and structured. Here are the guidelines for an exercise program that are

You should perform **CARDIO** exercises, anything that keeps the heart rate increased for a duration of time (i.e. running, waling, swimming, bicycling), 3-5 days per week. When doing Cardio exercises take your heart rate several times and see how hard it is working. You should be doing cardio at least 20 minutes with your heart rate within your target heart rate range. Your target heart rate range is 65-85% of your maximum heart rate. To calculate you maximum heart rate subtract your age from 220 (HRmax=220-age). You should be doing **STRENGTH** training 2-3 days/week. For general fitness perform 2 sets of 12 repetitions. Choose a weight where the last repetition is hard. Be sure to lift every major muscle group.

*****For help on developing a program please set-up a meeting with Patti Waterman or Kelly Falcone*****

Weight Management

If you expend the same amount of calories as you consume you will maintain your weight. If you consume less calories than you expend then you will lose weight! 3,500 calories = 1 pound. So, if your goal is to lose 1 pound per week, you need to consume about 500 calories a day less than you expend.

How do you expend calories? About 60% of the calories you expend daily are for your body to survive, this is your resting metabolic rate. How can you increase your RMR? The more muscle you have the higher your RMR will be, so get to the gym and strength train and you will burn more calories while you sit here and read this! How awesome is that! There are several metabolic rate calculators on-line here is a simple one to get an idea of how many calories you need to consume to maintain your current weight:

http://www.webmd.com/content/tools/1/calc_metabolism.htm

Here is an example of weight loss percentages based on your weight:

Starting weight	weight loss				
	5 lbs	10 lbs	15 lbs	20 lbs	25 lbs
250	2.00%	4.00%	6.00%	8.00%	10.00%
240	2.08%	4.17%	6.25%	8.33%	10.42%
230	2.17%	4.35%	6.52%	8.70%	10.87%
220	2.27%	4.55%	6.82%	9.09%	11.36%
210	2.38%	4.76%	7.14%	9.52%	11.90%
200	2.50%	5.00%	7.50%	10.00%	12.50%
190	2.63%	5.26%	7.89%	10.53%	13.16%
180	2.78%	5.56%	8.33%	11.11%	13.89%
170	2.94%	5.88%	8.82%	11.76%	14.71%
160	3.13%	6.25%	9.38%	12.50%	15.63%
150	3.33%	6.67%	10.00%	13.33%	16.67%
140	3.57%	7.14%	10.71%	14.29%	17.86%
130	3.85%	7.69%	11.54%	15.38%	19.23%
120	4.17%	8.33%	12.50%	16.67%	20.83%

Here are the Team Names:

From Fat To Flat
From Bites to Bits
Lady Bugs
The Wanna-Be Mini-Me's
The Iron Chicks
The Shrinks
Weigh Cool
Flabulous
Four Tons of Fun
Before & After
Now You See Us Now You Don't
The Velvet Erasers
G-Unit
Dirty Carrots