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Group name:

Palomar College TEAM LIFE

Palomar College

TEAM

LIFE

*Together Evaluating Assessing Managing
Life Improvements For Employees*

www.palomar.edu/teamlife

Palomar College

Biggest Loser



Employee Weight Loss Challenge

For this challenge weight loss is determined by a percentage of your initial weight that is lost instead of using just pounds.

Here is an example of weight loss percentages:

Biggest loser					
WEIGHT LOSS PERCENTAGES					
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%

The team result is derived from the average of the percentage of weight loss of each member of the group.

If a group member does not weigh in then their weight loss percentage for that week will be 0%.

Welcome to the Palomar College

BIGGEST LOSER

weight loss challenge!

By joining this challenge you are taking the first and most important step towards achieving your goal! You have committed to your team and yourself!

This challenge is about motivating you, educating you, and helping you to reach your health goals!

Your teammates are there to stand by you and encourage you to succeed! TEAM LIFE is here to keep you accountable to weigh-ins and give you valuable information to help you make healthy behavior changes.

This challenge is not just about losing weight. It is about making **HEALTH A PART OF YOUR LIFE!**

Use this journal to write down your health goals, your weight loss goals, and as a daily reminder to stick with the program! Write down what you eat each day and what exercise you do each day. This information will make it possible to assess possible changes you could make!

We truly hope you reach your goal and have great success with this challenge!

To Your Health!



Make a behavior change!

If you want to see some changes you have to make some changes!

What are some unhealthy behaviors that you could change to help you reach your goal?

Increase exercise? Cut out soda from your diet? Eat more fruits and vegetables? Decrease the stress in your life? Quit smoking?




WHAT WILL YOU DO?

Steps to a successful behavior change:

1. Decide on a behavior you would like to change (this is your target behavior)
2. Take a moment to look at the history of your behavior. You need to understand the habits of the behavior in the past in order to decide how you will change it or fix it.
3. Decide what changes you would like to make and set realistic goals.
4. Identify any barriers that may get in the way of this change and decide now how you will overcome these barriers.
5. Boost your motivation to make the change! What will be your true motivation? Your health? Those perfect jeans you want to wear? To increase your energy? Boost your self-esteem? What is your motivation?

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What are your goals?

My goal is to lose _____ total pounds in 10 weeks.

My weekly goal is to lose _____ pounds/week

I will be able to do this by making the following changes:

I will reward myself by:

I will motivate myself for this change by:

The following charts are from the USDA MyPyramid

MyPyramid.gov is an excellent website for evaluating your diet. By inputting your diet into this website it will break down your food choices and show you how your diet compares to the recommendations for your age, sex, height, weight and activity level.

How many calories should you be consuming?

MyPyramid Food Intake Pattern Calorie Levels

MyPyramid assigns Individuals to a calorie level based on their sex, age, and activity level.

The chart below identifies the calorie levels for males and females by age and activity level. Calorie levels are provided for each year of childhood, from 2-18 years, and for adults in 5-year increments.

Activity level	MALES			Activity level	FEMALES		
	Sedentary*	Mod. active*	Active*		Sedentary*	Mod. active*	Active*
AGE				AGE			
2	1000	1000	1000	2	1000	1000	1000
3	1000	1400	1400	3	1000	1200	1400
4	1200	1400	1600	4	1200	1400	1400
5	1200	1400	1600	5	1200	1400	1600
6	1400	1600	1800	6	1200	1400	1600
7	1400	1600	1800	7	1200	1600	1800
8	1400	1600	2000	8	1400	1600	1800
9	1600	1800	2000	9	1400	1600	1800
10	1600	1800	2200	10	1400	1800	2000
11	1800	2000	2200	11	1600	1800	2000
12	1800	2200	2400	12	1600	2000	2200
13	2000	2200	2600	13	1600	2000	2200
14	2000	2400	2800	14	1800	2000	2400
15	2200	2600	3000	15	1800	2000	2400
16	2400	2800	3200	16	1800	2000	2400
17	2400	2800	3200	17	1800	2000	2400
18	2400	2800	3200	18	1800	2000	2400
19-20	2600	2800	3000	19-20	2000	2200	2400
21-25	2400	2800	3000	21-25	2000	2200	2400
26-30	2400	2600	3000	26-30	1800	2000	2400
31-35	2400	2600	3000	31-35	1800	2000	2200
36-40	2400	2600	2800	36-40	1800	2000	2200
41-45	2200	2600	2800	41-45	1800	2000	2200
46-50	2200	2400	2800	46-50	1800	2000	2200
51-55	2200	2400	2800	51-55	1600	1800	2200
56-60	2200	2400	2600	56-60	1600	1800	2200
61-65	2000	2400	2600	61-65	1600	1800	2000
66-70	2000	2200	2600	66-70	1600	1800	2000
71-75	2000	2200	2600	71-75	1600	1800	2000
76 and up	2000	2200	2400	76 and up	1600	1800	2000

*Calorie levels are based on the Estimated Energy Requirements (EER) and activity levels from the Institute of Medicine Dietary Reference Intakes Macronutrients Report, 2002.

SEDENTARY = less than 30 minutes a day of moderate physical activity in addition to daily activities.

MOD. ACTIVE = at least 30 minutes up to 60 minutes a day of moderate physical activity in addition to daily activities.

ACTIVE = 60 or more minutes a day of moderate physical activity in addition to daily activities.



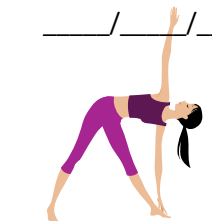
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How many calories are you burning while you are exercising?

Here is an estimate of calories burned for a 5'10" 154 pound male



United States Department of Agriculture

MyPyramid.gov

OMB Number 0584-0535

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Inside The Pyramid



How many calories does physical activity use?

A 154-pound man (5' 10") will use up about the number of calories listed doing each activity below. **Those who weigh more will use more calories, and those who weigh less will use fewer.** The calorie values listed include both calories used by the activity and the calories used for normal body functioning.

	Approximate calories used by a 154 pound man	
	In 1 hour	In 30 minutes
Moderate physical activities:		
Hiking	370	185
Light gardening/yard work	330	165
Dancing	330	165
Golf (walking and carrying clubs)	330	165
Bicycling (less than 10 miles per hour)	290	145
Walking (3 1/2 miles per hour)	280	140
Weight training (general light workout)	220	110
Stretching	180	90
Vigorous physical activities:		
Running/jogging (5 miles per hour)	590	295
Bicycling (more than 10 miles per hour)	590	295
Swimming (slow freestyle laps)	510	255
Aerobics	480	240
Walking (4 1/2 miles per hour)	460	230
Heavy yard work (chopping wood)	440	220
Weight lifting (vigorous effort)	440	220
Basketball (vigorous)	440	220

Use this booklet to keep track of you health habits throughout the next 10 weeks. If you ask people who have been successful at weight loss the will almost always say that just writing down there daily activity and diet was probably the most helpful strategy to motivate them to make changes. This journal is set-up so that you can record any way that you choose.

WEEK #1

Record your weight everyday

MONDAY TUESDAY WEDNESDAY

wt _____ wt _____ wt _____

Write down your daily activity.

Did you do any cardio exercise today? Did you strength train? Did you work on your flexibility?

Maybe you would like to incorporate the use of a pedometer and count your steps each day in order to work on being more active throughout the day?

Take quick notes of the foods you are eating everyday. A great idea is to record the time that you are eating each item. Also think about how much water you are consuming.

Are you consuming fruits, vegetables, and fiber?

How many added calories are you consuming? These would be candies, sodas, Frappuccino's...

In this notes section write down any successes or challenges you are having with your behavior change. This is a section for you to use as you see fit.








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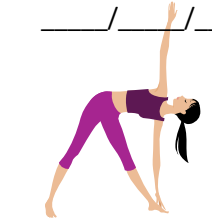
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You Can Do It!

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Exercise tips:

- Exercise at least 5 days/week
- Strength train and do cardio exercise! Cardio workouts burn calories! The more muscle you have the higher your metabolism and the more calories you burn all day long!
- Increase overall movement throughout the day! Take stairs, park further away
 - Try using a pedometer to count your steps each day! You should be taking 10,000 steps/day

Nutrition tips:

- Avoid added sauces on all foods. 1 packet of ranch dressing from McDonalds is about the same amount of calories as a hamburger!
- Avoid creamy sauces and dressings. 1 cup of marinara sauce is about 170 calories vs. 1 cup of Alfredo sauce is about 400 calories!
- Cut down on your portion sizes!
- Eat 6 small meals each day rather than 3 big meals.
- Do not eat after 7pm at night.
- Cut out the extra calories: sodas, candies...

Extras:

- Change the way you think about food. DO YOU LIVE TO EAT OR DO YOU EAT TO LIVE???? How much food does your body need?
- You need to re-train your body to enjoy healthy choices and to realize when it is full.

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