



## Palomar College TEAM LIFE

*Together Evaluating Assessing Managing  
Life Improvements For Employees*



# Spring 2011 TEAM LIFE activities

NEW YEAR, NEW YOU!!!

It's the start of new year and I'm sure you have thought of some new years resolutions! I bet many of your resolutions have something to do with your health... start exercising, lose weight, change your diet, stop smoking, reduce stress.... Well, TEAM LIFE is here to help you with those healthy goals. Please join us this semester for one, or all, of our healthy activities! You can join the "Biggest Loser" weight loss challenge to help you take off those inches, or workout with us on Wednesday mornings, or how about joining us for a lunchtime poker walk and get some exercise while hanging with fellow employees and competing with some poker!



### **HEALTH DIMENSIONS EMPLOYEE HEALTH FAIR**

Thursday February 10<sup>th</sup> 11am-1pm  
in the AA/ST courtyard

St Patty's Day  
POT 'O GOLD  
Poker walk

Thursday March 17<sup>th</sup> 12pm  
meet at the clock tower for a fun poker walk around campus with snacks and awards! You will go to 5 stations around campus and pick up a card then play your poker hand at the end for a prize!



### **Wednesday Morning 7-8am CIRCUIT TRAINING EXERCISE CLASS**



**Aerobics room G-8**



Join Lacey Craft and Kelly Falcone for an employee fitness class on Wednesday mornings. This will be a circuit training class that will allow you to work out at your own level and pace. This class will include cardio, strength training, and stretching.

What a great way to start off your day!

**Starting February 16<sup>th</sup>!**

### **SOME GREAT LOCAL RACES!**



<http://www.carlsbad5000.com/>



La Jolla Half Marathon Sunday, April 17, 2011

<http://www.lajollahalfmarathon.com/>

**Would you like to sign up some local races?**

[www.raceplace.com](http://www.raceplace.com)

### **City of San Marcos Parks and Recreation: DISCOVER SAN MARCOS HIKES**



The city of San Marcos hosts several guided hikes on the many marked hiking trails in San Marcos. Check their website for these free local events!

<http://www.ci-san-marcos.ca.us/index.aspx?page=263>



# Palomar College's BIGGEST LOSER!

Are you ready to take on this weight loss challenge and get serious about shedding those unwanted pounds?

**YOU CAN DO IT! And WE CAN HELP!**

| 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%.

- This weight loss challenge has taken place the past several years and usually has about 60 competitors. In the past the challengers have lost a cumulative weight up to 600lbs in one semester!!!
- This is a team challenge in which groups of 4 sign up together to help each other reach their goals. If you are an individual looking for a group we can set you up with other individuals.
  - The team is a great way to have others motivate and help you to attain your goal.
- There is a weekly weigh-in held on Wednesday mornings.
  - Every Wednesday is **WEIGHT LOSS WEDNESDAY!** At 7am we will meet in G-8 where we will do the weigh-ins, have a 30 minute fitness class, and a quick weight loss meeting with tips and guidance.
- We will award prizes at the end of the challenge for the team with the largest percent weight loss and we also give prizes to the top individuals.
- This is a fun way to encourage and motivate each other to make healthy lifestyle changes to reach our goals.
- Sign ups for Biggest Loser will be during the health fair on 2/10/11. The cost to join is \$15 per person

**Mark your calendars!**

**FALL 2011 TEAM LIFE event:**

Walk California!!!

Walking challenge!

We will keep a weekly log of the miles you accumulate throughout the semester and see how far each participant walks up the coast of California!



**Would you like to contact TEAM LIFE?**

If you have any suggestions of activities or events that would benefit the health and wellness of our employees, please let us know!

Contact Kelly Falcone  
kfalcone@palomar.edu

**Join us on facebook!**

Our group name is:  
Palomar College TEAM LIFE

