

SPRING 2009 "BIGGEST LOSER"

Introduction Newsletter

Denim Hypoxia

WEIGH to Go!

Phat Girlz

WEIGHT-in for a Miracle

The Shape Shifters

LightenUP

From FAT to FLAT

The Intrepid LOSERS!

Incredible Shrinking women

The Shrinks

The TBD Ladies (Too Busy to Diet)

Pounds aWEIGH!

Time to start shedding the pounds!

It's really quite simply put, if you take in more energy (calories) than you expend your body will store the energy as Fat and we gain weight. There are 2 ways to tip the scale in the weight loss direction: 1. Exercise more therefore increasing the amount of energy you expend, 2. Consume less energy by eating less calories. I know we have all heard this before, but its time to make a change. This week we are going to focus on EXERCISE!

Simple ways to increase daily activity:

Walk to the office of a co-worker to talk rather than e-mail, use the stairs, park farther away, do sit-ups or stretch while watchig TV.

Are you familiar with the Wellness and Fitness Center?

Become a member of the WFC! You are employed at a workplace with a gym on-site! That is a great advantage! We can help you set-up an exercise program. Another benefit of being a WFC member is you can participate in activity classes on campus (like swimming and water aerobics classes). Five of you were the lucky winners of a random drawing for a one month membership and will be receiving the certificate in campus mail. The 5 winners were:

Join TEAM LIFE for campus walks!

Walking times and maps are located on the TEAM LIFE website. Just meet us at the Clock Tower! Tuesdays 7:30am and 12pm, Wednesdays 7:30am and 4:45pm, and Thursdays 7:30am and 12pm. Let's get together for some activity and talk.

Start recording your fitness program on the Presidents Challenge website!

We set-up a group on the Presidents challenge fitness website. Several of us have already started inputting our daily activity and I can personally tell you that I just left the gym wanting to get to my computer to input my activity and see how many points I earned! It's keeping me motivated! Every activity you enter earns you fitness points. This website has every activity you can think of from lawn bowling to cleaning your house to karate! This is a great way to record your own activity as well as have a friendly competition with your peers! Every week I will send out the top fitness point winners (starting next week).

WEEKLY WEIGH-INS:

Weigh-ins are scheduled for Wednesdays. If you cannot weigh-in on Wednesday be sure to weigh-in on Tuesday or Thursday. The weekly results will be sent out on Thursday evening or Friday morning. You can weigh-in anytime on Wednesdays at Health Services OR you can weigh-in with Kelly Falcone in SW-19 (on the pool deck) on Wednesdays between 11:30-1pm.

www.palomar.edu/teamlife/