TEAMLIFE

PALOMAR COLLEGE SPRING 2010
BIGGEST LOSER
Employee Weight Loss Challenge

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The TEAM LIFE "Biggest Loser" challenge is a 10 week team weight loss challenge open to the Faculty and Staff of Palomar College. You can join as a team of four OR you can join as an individual and you will be placed on a team. Each team will be responsible for coming up with a creative team name.

❖ **COST**: $15 per person OR $20 per person with a TEAM LIFE t-shirt!

❖ **WHEN CAN YOU SIGN UP TO JOIN THE CHALLENGE?**
   ❖ **Wednesday 2/17/10**
      ❖ **7-9am** in room ST-1, TEAM LIFE office
      ❖ **11-1pm** during the **Wellness Expo** (sponsored by TEAM LIFE).
         ❖ There will be a TEAM LIFE table where you can sign-up and weigh in. Please stop by!
   ❖ **Thursday 2/18/10**
      ❖ **10-12** in Kelly Falcone's office located in SW-19 (on the pool deck)

❖ **WHAT DO YOU HAVE TO DO DURING THE WEIGHT LOSS CHALLENGE**?
   ❖ You will weigh in every **Wednesday.**
      ❖ 7:30-9am in ST-1 (**ST-1** is the TEAM LIFE office)
      ❖ 12-1pm in SW-19 (**SW-19** is Kelly Falcone's office on the pool deck.)
   ❖ The percentage of weight loss for each person and the average percentage weight loss for the team will be calculated.
      ❖ *Weight loss percentage example*:
         ❖ Starting weight of 180lbs
            ❖ 5 lbs loss= 2.78% loss
            ❖ 15 lbs loss= 8.33% loss
            ❖ 25 lbs loss= 13.89% loss
   ❖ You will receive a weekly newsletter with results.
   ❖ At the conclusion of the challenge there will be an awards luncheon and awards will be given to the top 3 teams and top 3 individuals

The scale we will be using is our new OMRON full body sensor scale. This scale provides you with your weight, BMI, Body fat %, muscle %, visceral fat, resting metabolism, and body age

If you cannot make it during the sign-up time or if you have any questions about the challenge please send an email to Kelly Falcone kfalcone@palomar.edu

10 WEEK CHALLENGE SCHEDULE

2/17: 1st weigh-in

2/24: week 1

3/3: week 2

3/10: week 3

3/17: week 4

3/24: spring break

3/31: week 6

4/7: week 7

4/14: week 8

4/21: week 9

4/28: FINAL weigh-in

5/5: Biggest loser awards luncheon

BIGGEST LOSER
Employee Weight Loss Challenge

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Together Evaluating Assessing Managing Life Improvements For Employees

Welcome to Biggest Loser!

You have now completed your first step towards accomplishing your weight loss goal!! It was very exciting and motivating to see so many familiar faces and a whole bunch of new participants. Throughout the competition I will be here to help assist you in reaching your goal. Whatever you need help with please do not hesitate to ask. Each week I will send out the weekly results along with some healthy tips to get you on track to loosing those unwanted pounds.

❖ ## Teams and Team Names

  ❖ We have 54 participants signed up and you have been divided into teams of 4 or 5.

  ❖ The teams are listed on the next page. There have been several additions and changes so please look closely at your team.

  ❖ This challenge is a team challenge because we realize the importance of the support and motivation that others can provide to help you achieve your goals. We hope that you will work together to reach success!!

  ❖ Please come up with a fun creative team name by next week.

❖ ## Friday YOGA Hour

  ❖ Every Friday from 12-1 in G-8 (aerobics room) Wayne Tourda will be leading a Yoga/Meditation class for Faculty and Staff. Please join us for stretching, strengthening, and relaxation.

❖ ## Weekly Weigh-ins

  ❖ You will weigh-in every **Wednesday**

    ❖ 7:30-9am in ST-1 (TEAM LIFE office)

    ❖ 12-1pm in SW-19 (on the pool deck)

    ❖ If you are not available on Wednesdays I will also do weigh-ins on Thursdays from 10-12 in my office SW-19.

❖ ## OMRON Full Body Sensor Scale

  ❖ I will be sending each of you your scores from the first weigh in. Pages 3 and 4 of this newsletter are an explanation of each of the scores so that you can assess where you are now and where you want to be in the future.

❖ ## Did you pay?

  ❖ If you have not paid your entry fee of $15 please do so at next weeks weigh-in

For Employees Improvements Life Managing Assessing Evaluating Together

BIGGEST LOSER 2010 TEAMS!

Team 1: **Negative earnings**
Abby Corona
Cyndi Battaglia
Eillen Waller
Joanne Sanchez
Sharon Hightower

Team 2: **Looking Good**
Linda Locklear
Martha Collins
 Naida Garcia
Judy Wilson
Susan Miller

Team 3: **from Fat to Flat**
Kelly Falcone
Jem McAdams
Michael Lockett
John Emerson

Team 4
Karan Huskey
Gloria Kerkhoff
Lisa Romain
Rene Roth
Lorraine Lopez

Team 5
Anel Gonzalez
Michelle Tucker
Melinda Klein
Terri Wallace
Angela Stanley

Team 6: **The Incredible Shrinking Four**
Erica Jaime-Franco
MaryJo Flores
Espy Flores
Michelle Dexter
Rosie Antonecchia

Team 7: **Athletic Supporters**
Flecicia Heise
Scott Cathcart
Melissa Lopez
Cody Trefethen

Team 8
Don Clark
Evic Oropilla
Kathy Deleonguerrero
Christine Barkley

Team 9
Monica Colon
Jorge Villalobos
Juan Gonzalez
Marcela Gomez

Team 10
Jenny Al-shafie
Mary Dawson
Pam Campbell
Dennis Greenhill
 Kimberly Word

Team 11:**Phat Burners**
Sandra Brown
Connie Rodriguez
Lee Kerckhove
Jose Fernandez
Tim Hernandez

Team 12 (Esco): **GTG-THN-N-10**
Pam Dratler
 Pixie Valle
 Marilu Sanchez
 Adriana Velazco

OMRON

How to use the Full Body Sensor
Body Composition monitor and scale

1. Lift up the monitor handle and screen
2. Press the power button located on the back end of the scale
3. It will chow "CAL" wait for it to show "0.00lbs"
4. Press the "GUEST" button
5. Enter age using the up and down arrows then hit "SET"
6. Choose the male or female symbol using arrows then press "SET"
7. Enter height using arrows and press "SET"
8. Stand on scale barefoot, straight back, legs straight, look straight ahead, hold arms out straight at 90 degree angle and do not move.
9. Results:

    1. **Weight in lbs**

    2. **BMI**
       ➤ Body Mass Index. A number calculated from a ratio of height to weight. This is the basic standard used to assess obesity.

    3. **BODY FAT**
       ➤ The percentage of your body that is Fat.

    4. **MUSCLE**
       ➤ Skeletal muscle is the muscle we see anf feel, it is the muscle we are trying to strengthen when lifting weights and working out. The higher your skeletal muscle percentage the higher your resting metabolic rate. Meaning, the more muscle you have the more calories you burn at rest.

    5. **RESTING METABOLIC RATE**
       ➤ The number is an estimation of caloric intake required to sustain the body's everyday functions. This does not take into consideration your activity level. This is just how much energy (calorie) is required to maintain your body function

    6. **BODY AGE**
       ➤ Body age is a calculation based on your weight, body fat %, and skeletal muscle %.

    7. **VISCERAL FAT**
       ➤ Visceral fat is a measure of the fat around the abdomen surrounding your vital organs. Too much Visceral fat is linked to an increased risk of cardiovascular disease and type 2 diabetes.

How does this Scale get all of these measurements?

This scale uses Bioelectrical Impedance (BIA) to estimate your percentage of body fat and muscle. BIA uses a low level electrical current that travels through your body. Muscles, blood, bones, and body tissues with high water content conduct electricity easily, whereas, body fat does not.

BMI: Body Mass Index
- •Underweight < 18.5
- •Healthy= 18.5 – 25
- •Overweight= 25-30
- •Obese > 30

Interpreting the Body Fat Percentage Result

Gender	Age	Low (–)	Normal (0)	High (+)	Very High (++)
Female	20-39	< 21.0	21.0 - 32.9	33.0 - 38.9	≥ 39.0
	40-59	< 23.0	23.0 - 33.9	34.0 - 39.9	≥ 40.0
	60-79	< 24.0	24.0 - 35.9	36.0 - 41.9	≥ 42.0
Male	20-39	< 8.0	8.0 - 19.9	20.0 - 24.9	≥ 25.0
	40-59	< 11.0	11.0 - 21.9	22.0 - 27.9	≥ 28.0
	60-79	< 13.0	13.0 - 24.9	25.0 - 29.9	≥ 30.0

Source: NIH/WHO guidelines for BMI
Source: Gallagher et al., American Journal of Clinical Nutrition, Vol. 72, Sept. 2000

Interpreting the Skeletal Muscle Percentage Result

Gender	Age	Low (–)	Normal (0)	High (+)	Very High (++)
Female	18-39	< 24.3	24.3 - 30.3	30.4 - 35.3	≥ 35.4
	40-59	< 24.1	24.1 - 30.1	30.2 - 35.1	≥ 35.2
	60-80	< 23.9	23.9 - 29.9	30.0 - 34.9	≥ 35.0
Male	18-39	< 33.3	33.3 - 39.3	39.4 - 44.0	≥ 44.1
	40-59	< 33.1	33.1 - 39.1	39.2 - 43.8	≥ 43.9
	60-80	< 32.9	32.9 - 38.9	39.0 - 43.6	≥ 43.7

Source: Omron Healthcare

Interpreting the Visceral Fat Level Result

Visceral Fat Level ≤ 9	10 ≤ Visceral Fat Level ≤ 14	Visceral Fat Level ≥ 15
0 (Normal)	+ (High)	++ (Very High)

Visceral fat area (0 - approx. 300 cm^2, 1 inch=2.54 cm) distribution with 30 levels.
Source: Omron Healthcare

NOTE: Visceral fat levels are relative and not absolute values.

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Week #1 RESULTS!

place	Team number	team average % weight loss
1st	5	-1.31%
2nd	8	-1.24%
3rd	10	-1.22%
4th	11	-0.87%
5th	2	-0.78%
6th	1	-0.69%
7th	4	-0.58%
8th	12	-0.55%
9th	7	-0.44%
10th	3	-0.39%
11th	6	-0.21%
12th	9	0.86%

Individual top 10		
place	name	% lost
1st	Sandra Brown	-3.31%
2nd	Michael Lockett	-3.09%
3rd	Dennis Greenhill	-2.84%
4th	Melinda Kein	-2.52%
5th	Evic Oropilla	-2.44%
6th	Pixie Valle	-2.14%
7th	Kathy Deleonguerrero	-1.88%
8th	Michelle Tucker	-1.84%
9th	Martha Collins	-1.78%
10th	Naida Garcia	-1.73%

total pounds lost   76.95 LBS

Great job this week! As a group we have lost 76.95 lbs!!!

A couple of notes:

~If you do not weigh in your weight will be entered as your starting weight for 0% change.

~There is a scale in the WFC and Health services that you can use if you are not able to weigh in with me.

~I need everyone to weigh in before Thursday at noon so that I can get results sent out earlier

~Please get me your team names!

What is your goal and how do you plan to achieve it?

In order to achieve your weigh loss goal you need to make a plan. A good behavior change plan is one that has specific measurable goals. It is also important to reward yourself when you accomplish your goals.

Please go to the following website which gives very valuable information about weight loss and designing a behavior change plan.

http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm

National **Heart Lung and Blood** Institute • Obesity Education Initiative

BMI Calculator   Menu Planner   Portion Distortion   WeCan!

Aim For A Healthy Weight

Information for Patients and the Public

Information for Health Professionals

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BIGGEST LOSER 2010 TEAMS!

Team 1: **Negative earnings**
Abby Corona
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Team 2: **Looking Good**
Linda Locklear
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Judy Wilson
Susan Miller

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Rosie Antonecchia

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Don Clark
Evic Oropilla
Kathy Deleonguerrero
Christine Barkley

Team 9
Monica Colon
Jorge Villalobos
Juan Gonzalez
Marcela Gomez

Team 10
Jenny Al-shafie
Mary Dawson
Pam Campbell
Dennis Greenhill
Kimberly Word

Team 11:**Phat Burners**
Sandra Brown
Connie Rodriguez
Lee Kerckhove
Jose Fernandez
Tim Hernandez

Team 12 (Esco): **GTG-THN-N-10**
Pam Dratler
Pixie Valle
Marilu Sanchez
Adriana Velazco

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Week #2 Results!!!

week #2 results		
place	Team number	team average % weight loss
1st	8	-2.17%
2nd	5	-1.75%
3rd	10	-1.64%
4th	1	-1.07%
5th	11	-0.96%
6th	12	-0.83%
7th	3	-0.80%
8th	2	-0.76%
9th	6	-0.60%
10th	4	-0.60%
11th	7	0.11%
12th	9	0.53%

Individual top 10		
place	name	% loss
1st	Michael Lockett	-4.47%
2nd	Melinda Klein	-4.25%
3rd	Evic Oropilla	-4.04%
4th	Dennis Greenhill	-3.57%
5th	Patti Waterman	-2.71%
6th	Sandra Brown	-2.62%
7th	Gloria Kerkhoff	-2.49%
8th	Martha Collins	-2.49%
9th	Michelle Dexter	-2.41%
10th	Pam Campbell	-2.37%

total weight loss=107.2 lbs!!!

This weeks weight loss strategy is to remember:
NOT ALL CARBS ARE CREATED EQUAL!!!!!

Fruits, vegetables and whole grains are GOOD carbs. The problem is that most Americans do not eat enough fruits and vegetables. Probably the best weight loss strategy each of you could implement to reach your goals is to cut out SUGAR and WHITE FLOUR from your diet.

SUGAR

Do you realize how much sugar you eat each day? Imagine picking up a teaspoon and putting teaspoons of sugar into a 12oz glass of water.

Do you know how many scoops of sugar you would need to add to the water to equal the amount of sugar in a 12oz can of soda???? The answer: 10-12 teaspoons!!!

Take a moment to realize how much added sugar you take into your daily diet. Realize that sugar is an "empty calorie" it gives you no healthy nutrients, it is just added calories and calories we do not use for energy are stored on our body. That is how we get that little extra cushion (FAT).

WHOLE GRAINS

When you choose to eat white bread, white rice, or anything made with white flour you are choosing to eat a man made processed ingredient that has been stripped of everything good for you. You want to make carbohydrate choices that are NUTRIENT DENSE not nutrient poor. White bread and wheat bread are a good example of one that is nutrient poor and one that in nutrient dense. For the same amount of calories, or energy, the wheat bread gives you more fiber, which helps you feel fuller, less sugars, more protein, and less sodium.

http://www.sugarstacks.com/

Can you imagine putting all of these sugar cubes in your mouth??

WHEAT bread vs. White BREAD
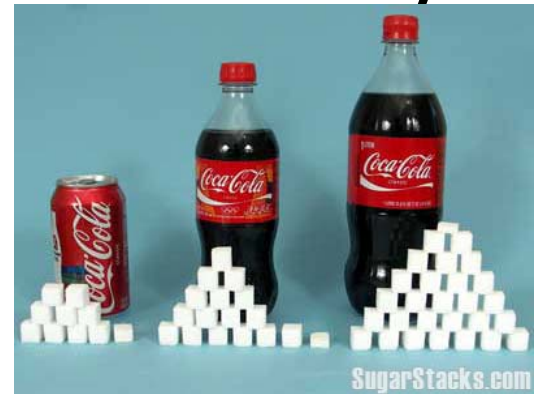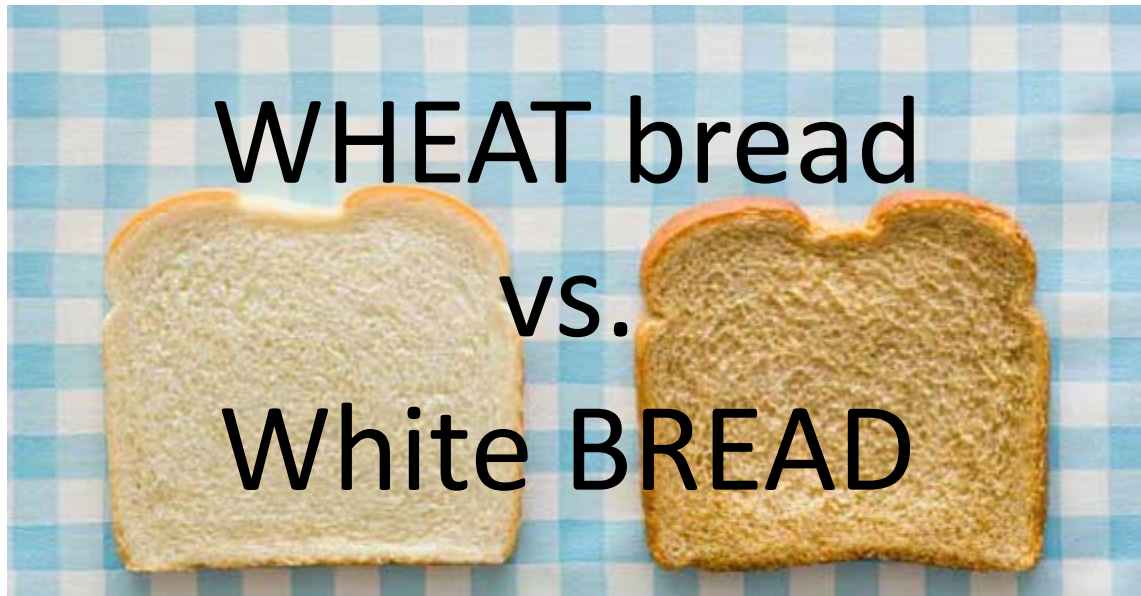
Pepperidge Farms: farmhouse soft, **hearty white** (1 slice)		Pepperidge Farms: farmhouse soft **100% whole wheat** (1 slice)	
Calories 120	(502 kJ)	Calories 110	(460 kJ)
Total Fat	1.5g	Total Fat	2g
Sat. Fat	0.5g	Sat. Fat	0.5g
Trans Fat	0g	Trans Fat	0g
Cholesterol	0mg	Cholesterol	0mg
Sodium	**250mg**	**Sodium**	**150mg**
Total Carbs.	**22g**	**Total Carbs.**	**19g**
Dietary Fiber	**1g**	**Dietary Fiber**	**3g**
Sugars	**4g**	**Sugars**	**3g**
Protein	**4g**	**Protein**	**5g**
Calcium	40mg	Calcium	40mg

This is a lesson in **NUTRIENT DENSITY.**
The brown option, which is the whole grain non processed option, will give you more essential nutrient than the white option, which is the processed enriched flour.
Another example of this would be choosing to drink a glass of Orange juice or a glass of soda

12 oz of Orange Juice vs 12 oz of Coke

12 oz of fresh orange juice
Calories 160

Total Fat	0.7g
Sat. Fat	0.1g
Cholesterol	0mg
Sodium	4mg
Total Carbs.	37g
Dietary Fiber	**0.7g**
Sugars	**29.9g**
Protein	**2.5g**
Calcium	**39.2mg**
Potassium	**712.5mg**

12 oz Coke
Calories 143

Total Fat	0g
Sat. Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	49mg
Total Carbs.	39.9g
Dietary Fiber	**0g**
Sugars	**39.9g**
Protein	**0g**
Potassium	**0mg**

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For Employees

Improvements

Life

Managing

Assessing

Evaluating

Together

Week 3 Results!!!

week #3 results		
place	Team number	team average % weight loss
1st	8	-2.01%
2nd	5	-1.88%
3rd	10	-1.79%
4th	12	-1.51%
5th	11	-1.39%
6th	1	-1.19%
7th	6	-1.09%
8th	4	-0.86%
9th	3	-0.25%
10th	7	-0.01%
11th	2	0.00%
12th	9	0.74%

Individual top 10		
palce	name	% loss
1st	Evic Oropilla	-4.60%
2nd	Melinda Klein	-4.12%
3rd	Sandra Brown	-4.09%
4th	Dennis Greenhill	-4.06%
5th	Pam Campbell	-3.38%
6th	Pixie Valle	-2.67%
7th	Karan Huskey	-2.45%
8th	John Emerson	-2.38%
9th	Michelle Dexter	-2.27%
10th	Kathy Deleonguerrero	-2.25%

total pounds lost= 113.7

Great job this week!!!

Remember if you do not weigh in your weight is entered as your starting weight for a zero percent change. Please be sure to weigh in every week!

This weeks weight loss strategy is:
SPEED UP YOUR METABOLISM!!!!

Your metabolism, or the amount of energy you expend ever day, is made up of your basal metabolic rate, activity, and thermogenesis. Your BMR is the greatest expenditure of energy being about 60-70% of your daily expenditure.

We know we will expend calories or energy during exercise, but what can you do to increase your basal metabolic rate?

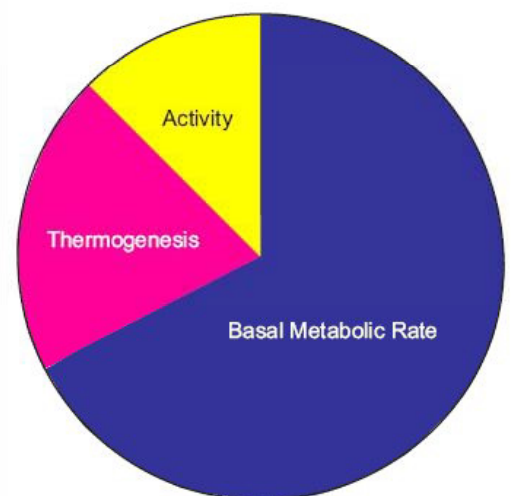The attached article covers 12 ways to increase your metabolism.

Activity

Thermogenesis

Basal Metabolic Rate

Image courtesy of APBI

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Week 4 Results!

week #4 results		
place	Team number	team average % weight loss
1st	10	-2.36%
2nd	5	-2.03%
3rd	6	-1.95%
4th	11	-1.88%
5th	4	-1.73%
6th	8	-1.30%
7th	12	-1.11%
8th	1	-0.61%
9th	3	-0.46%
10th	7	-0.26%
11th	2	-0.11%
12th	9	0.22%

Individual top 10		
palce	name	% loss
1st	Melinda Klein	-6.37%
2nd	Christine Barkley	-4.29%
3rd	Pam Campbell	-4.23%
4th	Dennis Greenhill	-4.22%
5th	Sandra Brown	-4.17%
6th	John Emerson	-3.63%
7th	Connie Rodriguez	-3.24%
8th	Karan Huskey	-2.96%
9th	Pixie Valle	-2.94%
10th	Angela stanley	-2.64%

total weight loss= 131.95 lbs

Remember if you don't weigh-in your weight is entered as your starting weight, so be sure to weigh in every week!

There will not be a weigh-in next week since it is Spring Break!!!

When we return it will be the week 6 weigh in and I will be looking for some significant changes across the two weeks! Take spring break as an opportunity to increase your workouts! Hopefully you will have a little extra time to incorporate some extra workout sessions, or maybe try a new workout!

The following pages are two easy workout programs:
1st: workout at your desk. Simple exercises you can do at your desk while at work
2nd: strength training using only one little piece of equipment, a RESISTANCE BAND. Resistance bands are great and very easy to use. You can perform strength training exercise to strengthen every major muscle group. Remember the more muscle you have the more calories you burn even at rest!

Another great way to incorporate exercise into your life is to do some Exercise classes at your local gym OR at home!
If you have Cox on demand there is a channel called Exercise TV and it has a whole bunch of different exercise programs you can do in the comfort of your own home. Choose a different program to do every morning before work. If you do a workout every morning you will have more energy throughout the day and will feel a lot bettter. Give it a try for a week and see how you feel!

1 pound is equal to 3500 calories.

If you burn an additional 500 calories a day for one week you will lose 1 pound. On the flip side of that, if you take in 500 extra calories a day for a week you will gain a pound.

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Week #6 Results!

week #6 results		
place	Team number	team average % weight loss
1st	8	-2.69%
2nd	6	-2.57%
3rd	4	-2.45%
4th	10	-2.18%
5th	5	-1.98%
6th	1	-1.01%
7th	12	-0.92%
8th	11	-0.41%
9th	7	-0.41%
10th	2	-0.33%
11th	9	0.00%
12th	3	0.01%

Individual top 10		
palce	name	% loss
1st	Pam Campbell	-5.66%
2nd	Ericka Jaime-Franco	-4.72%
3rd	Angela stanley	-4.40%
4th	Evic Oropilla	-4.32%
5th	Gloria Kerkhoff	-4.25%
6th	Dennis Greenhill	-4.22%
7th	Christine Barkley	-4.00%
8th	Sandra Brown	-4.00%
9th	Melinda Klein	-3.98%
10th	Karan Huskey	-3.60%

total weight loss= 146.25 pounds!

Please be sure to weigh-in every week. If you cannot make it to the weigh-in times just go to Health Services or the WFC and weigh-in on your own, then just send me your weight!

The overall weight loss would be much higher if everyone weighed in!!!!! Unfortunately about 50% of the participants did not weigh-in this week and were thus recorded with a 0 lbs loss.

The most successful teams in this challenge are ones that work together! Meet with your team and work together to meet your goals!!!! It is not too late to get started. If everyone in the challenge commits to just losing 2 pounds by the end of the challnge that would be an additional 120 lbs of weight loss for the group!!!!

WE CAN DO IT!!!!!!!!!!!!!!!!

Together Evaluating Assessing Managing Life Improvements For Employees

Week #7 Results

There are 3 more weigh-ins!

There is still plenty of time to make a change and see a difference!

Week #8: April 14th, week #9: April 21st, and the final weigh in on week #10: April 28th

If everyone in this challenge loses 1 pound each week for 3 pounds total for each person we will have lost 180lbs more pounds!!!!!!

We together as a group could lose an entire person!!!! Lets do it!!!

week #7 results		
place	Team number	team average % weight loss
1st	5	-2.91%
2nd	8	-2.67%
3rd	12	-2.48%
4th	4	-2.14%
5th	10	-2.14%
6th	6	-2.01%
7th	1	-1.63%
8th	11	-1.49%
9th	3	-0.85%
10th	7	-0.17%
11th	2	0.00%
12th	9	0.00%

Individual top 10		
palce	name	% loss
1st	Pam Campbell	-5.71%
2nd	Dennis Greenhill	-5.20%
3rd	Evic Oropilla	-4.98%
4th	Angela stanley	-4.84%
5th	Karan Huskey	-4.50%
6th	Ericka Jaime-Franco	-4.40%
7th	Gloria Kerkhoff	-4.16%
8th	Connie Rodriguez	-4.10%
9th	Christine Barkley	-4.10%
10th	Melinda Klein	-3.98%

total weight loss 185.67 lbs

EAT THIS NOT THAT:
"20 Best Restaurant Food in America"

Click here: http://eatthis.menshealth.com/slideshow/20-best-restaurant-foods-america#title

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Week #8 Results

week #8 results		
place	Team number	team average % weight loss
1st	10	-3.03%
2nd	8	-2.68%
3rd	6	-2.42%
4th	12	-2.28%
5th	5	-2.02%
6th	4	-1.55%
7th	1	-1.30%
8th	3	-1.02%
9th	7	-0.25%
10th	9	0.00%
11th	2	0.06%
12th	11	0.43%

Individual top 10		
palce	name	% loss
1st	Pam Campbell	-6.42%
2nd	Angela stanley	-5.28%
3rd	Evic Oropilla	-5.16%
4th	Christine Barkley	-5.04%
5th	Dennis Greenhill	-5.04%
6th	Karan Huskey	-4.76%
7th	Melinda Klein	-4.38%
8th	John Emerson	-4.07%
9th	Ericka Jaime-Franco	-3.86%
10th	Michelle Dexter	-3.27%

total weight loss 153.9lbs

Keep up the good work!
- Wednesday 4/21 is the week 9 weigh-in
- Wednesday 4/28 is the 10th week FINAL weigh-in!
- Wednesday May 5th 12-1pm is the Spring 2010 Biggest Loser awards luncheon
  - When you weigh-in this week and next week please let me know if you will be attending the luncheon on the 5th. We want to be sure to get enough healthy food!

It's almost over! I know it may be hard to commit yourself to a 10 week behavior change, but we can all do a 2 week behavior change. You only have 2 weeks left to make the commitment!!!

For Employees Improvements Life Managing Assessing Evaluating Together

Dr. Phil's "5 Steps to your Weight Loss Goal"
http://drphil.com/articles/article/90

Dr. Phil says that in order to keep weight off, you need to change your patterns. Follow these five steps to create a strategy for your weight loss goal.

1. Program yourself for success: Set a very specific goal.

Remember that losing weight requires a change in thought and behavior, so set goals for your emotions and weight.

Don't just set vague goals like, "I want to lose some weight." Be specific: How much weight do you want to lose? How do you want to feel? Close your eyes and visualize yourself after you've reached those goals. Use this visualization to feel commitment and inner strength.

2. Get a plan.

Work out a detailed strategy because willpower doesn't work! To lose weight and keep it off, you must have a strategy.

Plan ahead: Get rid of your expandable clothes, stay away from fast food, and keep healthy food in your pantry.

3. Identify small, measurable steps.

Implement steps that will fit your lifestyle, not somebody else's.

Be sure to move toward a positive goal, not just away from being fat. Every step you take will bring you closer to being who you want to be.

4. Create a healthy, realistic timeline.

Where will you be in a month? Six months? A year? Fit your goals to your calendar, and stick to it.

Don't expect to see huge results overnight; take the time to change your lifestyle, and you'll change your weight.

5. Create meaningful monitoring and accountability.

If you know you have to report your progress to someone, you'll be more likely to stick with your plan.

"Go public" with somebody you trust. Find support when you need it, and celebrate your victories!

Week #9 Results!

week #9 results		
place	Team number	team average % weight loss
1st	8	-3.58%
2nd	10	-3.08%
3rd	4	-2.73%
4th	12	-2.41%
5th	5	-2.30%
6th	1	-1.90%
7th	6	-1.36%
8th	7	-0.71%
9th	11	-0.65%
10th	3	-0.50%
11th	2	-0.37%
12th	9	0.00%

Individual top 10		
place	name	% loss
1st	Christine Barkley	-6.92%
2nd	Angela Stanley	-5.79%
3rd	Pam Campbell	-5.75%
4th	Melinda Klein	-5.71%
5th	Karan Huskey	-5.66%
6th	Dennis Greenhill	-5.44%
7th	Evic Oropilla	-5.26%
8th	Gloria Kerkhoff	-4.99%
9th	Connie Rodriguez	-3.91%
10th	Marliu Sanchez	-3.76%

total weight loss 194.3 lbs

Final weigh-in Wednesday April 28th!!!

Biggest Loser Luncheon:
Wednesday May 5th 12-1pm in the Faculty/Staff lounge.

Together Evaluating Assessing Managing Life Improvements For Employees

For Employees Improvements Life Managing Assessing Evaluating Together

Final Results!!!!

FINAL RESULTS!		
place	Team number	team average % weight loss
1st	8	-4.58%
2nd	10	-3.22%
3rd	6	-2.82%
4th	4	-2.54%
5th	3	-2.21%
6th	5	-2.19%
7th	1	-2.07%
8th	12	-1.88%
9th	11	-1.44%
10th	7	-0.71%
11th	2	-0.37%
12th	9	0.00%

Team 8
Don Clark
Evic Oropilla
Kathy Deleonguerrero
Christine Barkley
Patti Waterman

Team 10
Jenny Al-shafie
Mary Dawson
Pam Campbell
Dennis Greenhill
Kimberly Word

total weight lost= 248.6 lbs

Individual top 10		
place	name	% loss
1st	Pam Campbell	-6.68%
2nd	Christine Barkley	-6.45%
3rd	Angela stanley	-6.27%
4th	Dennis Greenhill	-6.17%
5th	Karan Huskey	-5.79%
6th	Ericka Jaime-Franco	-5.58%
7th	John Emerson	-5.39%
8th	Evic Oropilla	-5.26%
9th	Gloria Kerkhoff	-4.99%
10th	Don Clark	-4.63%