

WE Choose 2 Lose

Regional Center Team

Weight Loss Challenge

January 14 - April 15, 2013

WE Choose 2 Lose is an opportunity for regional center employees to focus on weight management in a fun, competitive and supportive environment.

WHY participate?

- Look better, feel better, and drop some extra pounds
- Get MOTIVATED to accomplish your new year's resolution
- Team up with others to encourage good health

What more can you ask?

The **WE Choose 2 Lose** Regional Center Weight Loss Challenge is easy! Form a team of 4 co-workers who want to participate in the weight loss challenge. Select a team captain who will be the "key contact" and responsible for collecting and reporting the team's progress. Starting **January 15** support one another to eat healthier, exercise and lose weight.

What Can You Expect?

You'll get weekly emails to help with meal planning, exercise, food tracking, and other healthy lifestyle tips. Special recognition and rewards will be given to the top three teams that have the greatest **percentage** of weight loss from **January to April, 2013**.

On Your Mark, Get Set...LOSE!

The contest begins with the initial weigh-in on January 14 at 12:00 noon. We will follow up mid-way (February 25th) and at the end of the team challenge on April 16th. **Team winners will be announced May 1, 2013**

The top three teams (one from each center) with the greatest percentage of weight loss (based on their original weight) will receive prizes. Team information will be posted showing total pounds lost and percentage of weight lost. **No individual weight loss information will be reported.**

The Team Captain should register your team by completing the attached form and returning it to:

Yolanda McMillan - ymcmillan@wakegov.com
by January 10, 2013

Sponsored by the Health Promotion Chronic Disease Prevention Section



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Welcome to *WE Choose 2 Lose*. Now is a great time to improve your health, so let's get started.

Through group support *WE Choose 2 Lose* will help you improve your eating and exercise habits. This program is not a diet. You are encouraged to re-think your current activity level and choices in food and drink.

Over the next weeks, as part of this program, you'll receive weekly emails on:

- *making healthy lifestyle changes*
- *avoiding common mistakes in trying to lose weight*
- *combating emotional eating*
- *practicing mindful eating*
- *feeling more satisfied while losing weight*
- *Cutting calories while eating MORE food*
- *becoming aware of hidden calories*
- *enjoying treats without overeating*

Best wishes and good health to you and your team!

Here are some **Do's** and **Don'ts** to get you started

Do's of weight loss...

- **Eat regularly** - Have **small**, frequent meals and snacks. It's a great way to control hunger and limit overeating.
- **Burn calories with activity** - Take a walk around the building at lunch or exercise at your desk.
- **Get support** - Find a 'buddy' or someone to boost your morale. This can really help if you are taking up a new exercise regime. It makes backing out harder to do!
- **Set reasonable goals** - Realize that you gained extra weight over time. It will take time and effort to lose it.
- **Monitor your food intake and physical activity** - Using a diary or blog to record what you eat and how much you exercise is an excellent start. This helps you to understand your 'danger periods' on a daily basis, such as in the evenings when you relax in front of the TV. Once you have found those times when you are most likely to waver, it's easier to find ways to help yourself (e.g. going for a walk instead of watching TV).

Don'ts of weight loss...

- **Don't rely on just changing your food intake to lose weight** - A combination of both exercise and improved eating habits is the best way to lose and maintain weight loss.
- **Don't think that a fad diet will be the answer to your weight issue** - Many diets promise great weight loss but are unbalanced and may cause additional health problems.
- **Don't skip breakfast!** - By missing breakfast you are more likely to overeat during the remainder of the day and evening.
- **Don't be fooled by marketing** - Low fat labeling does not necessarily mean low calorie. Some manufacturers lower the amount of fat in sweet foods and increase the amount of sugar to replace flavor. Make sure you read the nutrition facts labels.
- **Don't rely on food as a stress reliever** - Some people use food as a way of relieving stress and to unwind when they are not even hungry

