

Biggest Loser @ Work



WEEK 1 (Sept 18-25)



Welcome to the Challenge!

Thank you for participating! Hopefully everyone is feeling great about making some healthy changes and shedding a few pounds along the way. This challenge will last 6 weeks so if you lose 1-2 lbs a week you have the potential to lose at least 6-12 lbs which is a great kick-start to a healthier *you* leading into our busy holiday season.

For our first week I thought we should start by talking about what type of diet you want to work on. There are hundreds of options but we'll try to keep this simple. Everything we eat contributes to our health in some way. So cutting back on just a *few* things can make a huge difference. Below are some options to focus on.

All weight loss is going to be impacted by how many calories you take-in. So let's start there...

Focus on Calories — If you want to focus on your caloric in-take you should start by determining how many calories you should be taking in. Here are two good places to find out: http://www.freedieting.com/tools/calorie_calculator.htm and <http://www.calculator.net/calorie-calculator.html> Your caloric intake allotment is based on your sex, age, height, activity level and current weight. Many apps/sites will ask you how aggressive you want to be in your weight loss (1, 2, or 3 lbs a week?) and then set your target caloric intake based on all that info. Calorie counting can be very challenging but if you do it accurately, it's a sure-fire way to lose weight!

Maybe you want to do something simpler (at least for starters) than actually counting calories? Maybe try this:

Focus on Healthier Choices & Smaller Portions — Just by making healthier food choices, eating smaller portions and drinking more water you will be reducing your caloric intake and you will lose weight. What does this mean? No junk food, no fast food, no full sugar pops. Less carbs (choose high fibre breads/pastas). Lower fat dairy products (ie. cheese!). More lean protein (chicken, fish, turkey), more vegetables (as many as you want!), some fruit and at least 8 glasses (8 oz per glass) of water per day. Smaller portions is also key. You'd be surprised at how small meal & snack portions are *supposed* to be! Check out the resources available via Canada's Food Guide below. This is a good starting point to see how big our portions *should* be (you'll probably need to get a food scale and measuring cups) and how much of each food group we should be eating per day. Yes, it's basic but it's a simpler way to start than counting calories:

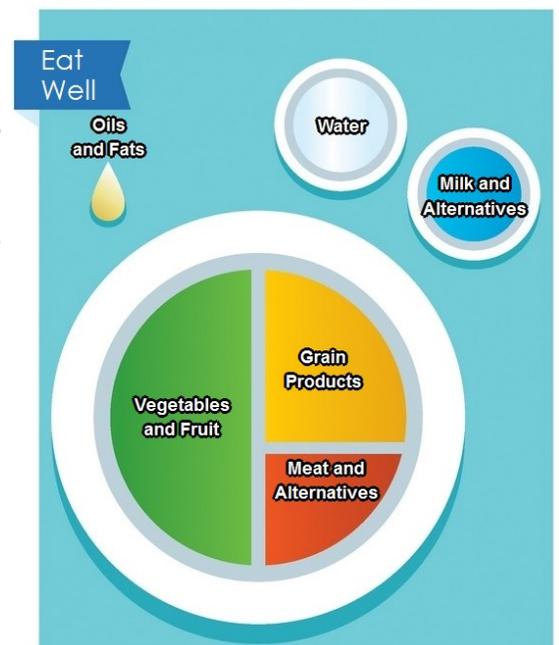
<http://healthycanadians.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/food-guide-aliment/index-eng.php>

Lastly, maybe you already eat super healthy. If you're do, congratulations and you can still lose weight by:

Increasing Activity and Water In-take — *Generally* most of us live fairly sedentary lives. We often have to make a point of and plan to be active. I know it's my own main struggle. But another big contributor to healthy living and losing weight is exercise. Getting off the couch, or off your chair and moving your body. Maybe you're not ready to join a gym (yet?) or maybe you already have a membership? Either way, get up and get moving as much as possible. While the weather is still nice (I love fall!); get outside and get moving! The more you move the better your weight loss will be. Remember that with increased activity your water in-take needs to increase too. 8 cups of water is the *minimum* goal per day but if you're active you should increase this to more with each hour of activity.

How Are We Doing?

Next Week we'll include our progress (in %) here.



So... what are you going to focus on this week?

Reading Food Labels

Reading food labels is really important to healthier eating and losing weight. Here are some general guidelines if you've never done it before!

Plan ahead: you'll be spending a lot of time in the grocery store reading labels once you get started!

- #1. Serving size is important. Make sure you're eating only each 1 serving (in this case 2/3 of a cup) or that you double the numbers. For example if you eat 2 servings, all values are double.
- #2. Calories — you care about this number if you're focusing on how many calories you are keeping track of your total calorie in-take.

- 1
- 2
- 3
- 4
- 5

| Nutrition Facts | |
|--|------------------------------|
| Serving Size 2/3 cup (55g) Servings Per Container About 8 | |
| Amount Per Serving | |
| Calories 230 | Calories from Fat 72 |
| % Daily Value* | |
| Total Fat 8g | 12% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 160mg | 7% |
| Total Carbohydrate 37g | 12% |
| Dietary Fiber 4g | 16% |
| Sugars 1g | |
| Protein 3g | |
| Vitamin A | 10% |
| Vitamin C | 8% |
| Calcium | 20% |
| Iron | 45% |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs. | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Sat Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |

#3. You want to *limit* all of the things in this box. You want the total fat to be as low as possible. Keep an eye on the sodium content and percentage. As foods have fewer calories and less fat, their sodium can increase (b/c something has to give the food flavour and if it can't come from calories or fat, it could be loaded with sodium.) Too much sodium increases blood pressure and strains your kidneys. **Lower** numbers are better for all of box #3.

#4. Fiber—you want a **high** number here. Fibre helps with digestion and feeling full. 4g is pretty good.; the higher the better.
 Protein—you want a **high** number here too. Protein helps us feel full longer. Eat foods high in protein so you can feel fuller and eat less. 3g of protein is pretty low but it depends what this food is. For comparison, 55g of chicken breast as 17g of protein.
 Sugar—You want a **low** number here. Watch out—sometimes when foods are 'fat free' they have more (for taste). A good rule of thumb is to choose foods with 8g of sugar, or less, per serving.

Set Some Goals

Now that we've officially started the challenge, use the space below to set some goals for yourself for the first week. Be as specific as possible. Keep your goals handy to keep yourself on track this week.

For example:

1. Drink 6-8 glasses of water every day all week.
2. Go for a 30 minute walk at least 4 evenings in the next 7 days.
3. Read Canada's Food Guide website and purchase a food scale by Wednesday.

1. _____
2. _____
3. _____

Go! Make it a great week!