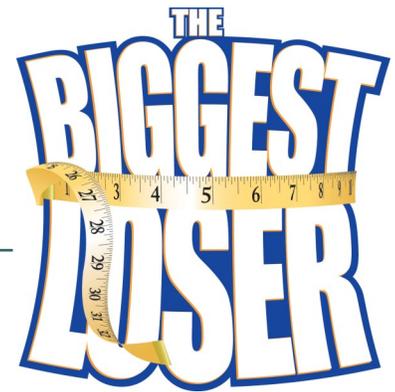


Biggest Loser @ Work



WEEK 2 (Sept 25-Oct 2)

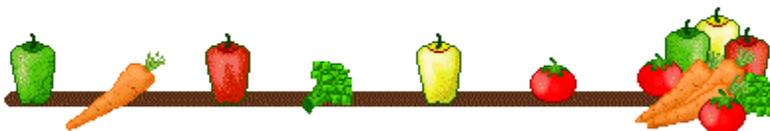


80/20 Weight Loss Principle

S.L mentioned the 80/20 rule, at our first group meeting. The 80/20 principle is not a diet - it's a lifestyle change that may lead to sustainable weight loss. People who have suffered on rigid, limiting diets in the past find that this new rule teaches them about balance and moderation, a concept that never exists in a fad diet. When you practice 80/20, you have the space to go out socially and enjoy a meal (or a cocktail!) with friends, but most importantly, it makes the whole clean-living thing feel doable for the long run. For example, if you eat three meals a day, four meals per week can be your 20 percent "cheat" meals.

My partner implemented a similar strategy a year and a half ago and he lost over 100lbs by eating well 6 days a week and having a "cheat" meal once a week (his was more like a 95/5 rule). So when he was craving chicken wings all week, he knew he'd be having those on Sunday night. This way he didn't feel deprived.

Disclaimer: he also worked out 4-5 times per week. That certainly helps too!



The book, "The 80/20 Diet" recommends eating a variety of lean proteins, such as fish and chicken; unprocessed whole grains; low-fat dairy products; and fresh fruits and vegetables 80 percent of the time. Manage your portion sizes by reading nutrition labels and limiting yourself to just the recommended serving. Steam, poach, grill or braise your food. Eat slowly and stop when your body feels full. Eating slower will also aid with digestion.

A cheat meal does not mean that you are allowed to binge. For best results, don't make all of your cheat treats the kinds that are filled with fat and processed sugar. In addition, continue to watch your portion sizes even on your cheat days.

If you google "80/20 rule weight loss" you will find endless articles if you wish to read more.

QUOTES OF THE WEEK:

"You can't out-run a piz-

"The best activity is the one you're going to

How Are We Doing?

CF -2.67%

KW -2.28%

JT -1.89%

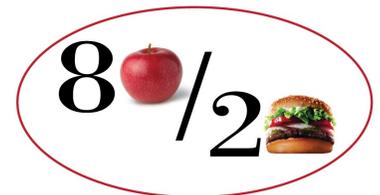
NS -1.83%

BA -1.71%

SL -1.37%

TD -1.14%

SM -1.13%



The Internets Say....

The 80/20 "rule" also refers to the idea that 80% of weight loss is achieved by diet, and 20% is achieved by exercise & activity.



Motivate, Hydrate, Feel Great!

Water is vital to human existence and many studies show that drinking more water can help with weight loss. It helps your kidneys, digestive system, skin and overall health. Drinking *before* meals can help you feel full and so you should eat less. Drinking *after* a meal helps with digestion. The water will help your body to break down the food and absorb its nutrients.

While at work you have the opportunity to keep a water bottle near you at all times so you can sip it continually throughout the day. Going to get groceries? Watching television? Reading a book? Waiting for kid’s at piano lessons? Going on a long drive? Take a water bottle with you everywhere you go so you’re never more than 15 minutes without a drink of water. Drinking throughout the day (vs. all at one time) will help you feel fuller and spread out your intake so you can get in at least 8 glasses of water per day.

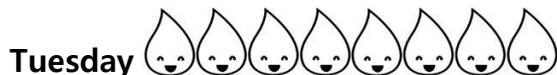
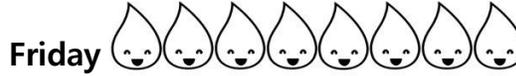
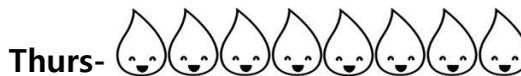
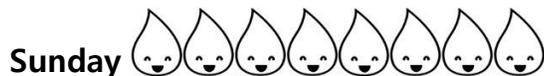
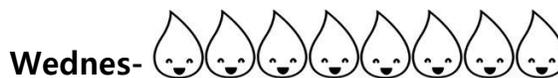


1. Drink water *throughout* the day.
2. Drink a glass of water before every meal.
3. Drink water infused with vegetables and fruit.
(try: combos of cucumbers, melons, peach, strawberries, mint leaves, citrus fruit, apples, and pineapple)
4. Buy a nice pretty water bottle that you like.
5. Make a marked water bottle to gauge your intake.
6. Drink *some* low-cal flavored water (Crystal Light / Mio).
7. Challenge yourself (& others) to drink a bit more



Water Tracker

Let’s set a goal to drink 8 glasses of water every day this week. Each glass should hold 8oz. of water. So if you have a favourite glass at home or favourite water bottle at work, you should measure to see how many ounces it holds. If you’re able to drink more than 8 glasses a day then it will only help the weight loss. **Check off each water drop as you finish a glass of water. One water drop = 1 (8oz) glass of water.**



How close did you come?
What can you change for next week?