

# Biggest Loser @ Work



WEEK 4 (Oct 9-16)



## Staying Motivated!

We are more than half way done our 6 week challenge!

- How are you doing? Are you happy/unhappy with your progress?
- Do you need to remind yourself *why* you're doing this?
- What changes have you already made?
- What changes do you still need to make?
- Have you reviewed your goals lately?



## How Are We Doing?

- KW -4.55%
- CF -4.50%
- SM -3.28%
- TD -2.90%
- SL -2.59%
- JT -2.53%
- NS -2.39%
- BA -0.71%

## Weight Loss Motivation Tips

**Set Realistic Goals** - Don't expect to reach your goal weight at the end of our 6 week challenge. Go slow; weight loss doesn't happen overnight and you wouldn't want it to. Many sources say that losing 1-2 lbs per week is a good expectation. Some weeks may be less than this.

**Expect Setbacks and Stalls** - You might not lose weight every week. As your body adjusts to a new eating/activity style your body might take a couple of weeks to catch up and realize you've made these changes on purpose!

**Don't Expect Perfection** - Remember the 80/20 rule? If you have a 'bad' meal (or a 'bad' day), try not to dwell on it and have it bring you down. Don't lose the progress you've already made! Start the next meal, or the next day, doing the right things to get on track again.

**Use the Buddy System** - Reach out to someone in our group or another sympathetic friend, or find an online group to discuss your struggles and triumphs with.

**Reward Yourself** - Small rewards can provide an incentive to keep going. Of course, your rewards should NOT be food-related. Set mini-goals along the way and reward yourself when you reach them. Your reward could be a massage, a round of golf, a new pair of jeans, or a hot bubble bath.

**Visualize** - Some people make "dream boards" and find them wildly successful - I've never tried this but I do visualize. Have you tried to picture yourself as healthy as you want to be? Have you pictured yourself wearing clothes you never thought you'd be able to wear? Dream and picture yourself the way you're going to be if you stick to your new eating and activity lifestyle.



I want a muffin from Tim's Horton's.  
Which do you think is a better choice?  
**Whole Grain Carrot-Orange Muffin, Wild Blueberry Muffin  
or Fruit Explosion Muffin?**

-See Page 2



## Tips for Eating Out

1. Don't skip lunch b/c you're going to out to dinner—you may overeat at dinner b/c you're starrrrrring.
2. Go easy on the booze —These are empty calories and there is no nutrition here. Water is always best!
3. Once seated in the restaurant, drink a glass of water *before* your food comes to fill you up.
4. Try double appetizers. If there is a nice selection of seafood and vegetable-based appetizers, consider skipping the entrée and having two appetizers for your meal. Often, that is more than enough food.
5. Beware of dishes called “light” - watch out for added calories in “salads” (cheese, meat, full-fat dressings).
6. Go for lean protein dishes—chicken or fish (not battered!) such as salmon.
7. Choose a healthy ‘side’ option—get a side salad with low-fat dressing instead of a fries/rice/potatoes
8. Request gravy, sauces, & dressings “on the side” so you can control how much you use. Restaurants are very used to this request and it’s very common place now.
9. Ask questions—ask how is the meat prepared (in oil?), ask if the veggies are soaked in butter?
10. Slow down and taste your food—you’re paying extra to eat out so take time between bites to *enjoy* it. The extra time gives your brain time to catch-up to your stomach’s full feeling.
11. Avoid the bread basket. It often comes before your real more nourishing food and fills you up on carbs (and fatty butter). Once everyone else at the table has had their bread, you can ask the server to remove it so you’re not tempted to dig in while you wait for your food.
12. Order a soup or salad first and tell the server you would like this as soon as possible. This will keep you from sitting hungry while others are filling up from that bread basket!
13. Don't be afraid to ask for a ‘doggy bag’ to take home your food portion you don't eat. Portions tend to be much larger than we need so take some home and make a second meal of it.
14. Finish with fruit or a specialty coffee (without cream). However, if that piece of cake/pie is going to torment you for days then maybe it's best to give-in and satiate the desire so it doesn't throw you off your game completely when you get home still wanting that cake! Perhaps you could share a dessert with your friend/date—half the calories!
15. Gotta eat out on a hurry? Fast food restaurants very often provide details on the nutritional information for *everything* they serve. Have you ever looked at one!? You'd be surprised! You can review the nutrition info *before* you place your order and decide what's best. Just focus on the lower calorie and lower fat items if you have no choice but to eat fast food.



## Not what is seems!

Back to the muffins.....

You would think that the **WHOLE** Grain carrot orange muffin would be better than the blue berry or fruit explosion, right? I mean it says “whole grain” right in the title?!?!

But no! The ‘whole grain’ muffin has virtually the same nutritional elements as the fruit muffins! In other words, the whole grain carrot muffin is **NO** healthier!

**Don't be fooled by labels & marketing!**

Snacks & Baked Goods		Serving Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)
<b>Muffins</b>												
	Chocolate Chip	115 g	420	16	4.5	0.1	35	330	66	2	35	6
●	Coffee Cake	122 g	400	14	3.5	0.1	30	400	62	3	31	6
●	Cran Apple Walnut Bran	115 g	350	14	2	0.1	15	370	54	8	20	5
●	Fruit Explosion	122 g	340	10	1.5	0.1	30	470	58	2	25	5
●	Lemon Poppyseed	115 g	370	14	2.5	0.1	30	410	56	3	26	6
●	Whole Grain Carrot Orange	115 g	350	11	1.5	0.1	25	360	59	6	26	5
●	Whole Grain Pecan Banana Bread	115 g	350	11	1.5	0.1	30	400	60	5	27	6
	Wild Blueberry	115 g	340	11	2	0.1	30	430	57	2	25	5