

Biggest Loser @ Work



WEEK 5 (Oct 16-23)



Celebrate your NSV (Non-Scale Victories)

The scale may not show you a weight loss every week but it doesn't mean that the positive changes you've made aren't counting. There are lots of victories that you may experience that don't show up on the scale!

- Are your clothes feeling any looser?
- Do you feel like you have more energy?
- Are you sleeping better?
- Is exercising any easier?
- Do you have fewer food cravings?
- Have your pants/shirts changed a size?
- Have your body measurements decreased?
- Do you feel less hungry throughout the day?
- Is it becoming easier to *choose* healthy options?



How Are We Doing?

- KW -5.31%
- CF -4.50%
- TD -3.42%
- SM -3.28%
- SL -2.87%
- JT -2.21%
- NS -1.83%
- BA -0.71%

As a group you've lost 24%!
WOW! ☺

**REMEMBER:
THE SCALE
IS NOT THE
ONLY MEASURE
OF SUCCESS.**

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Here are some more NSV you might not think of celebrating:

- (Re)discovering your collarbones.
- Fitting a normal bath towel around you after your shower.
- Crossing your legs comfortably.
- Buying clothes in a 'regular' sized store.
- *Wanting* to work out.
- Not getting winded walking up the stairs.
- Your friends starting to ask if you're losing weight.
- Starting to *like* what you see in the mirror.

BE PROUD OF EVERY NSV!

List 3 NSV you've experienced during this challenge so far:

1. _____
2. _____
3. _____

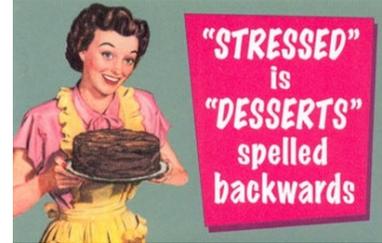


Emotional Eating

Being no expert of emotional eating and ways to stop emotional eating, I turned to Google and found this article as a good starting place on the topic: <http://www.helpguide.org/articles/diet-weight-loss/emotional-eating.htm>

This article asks, **are you an emotional eater?**

- ◇ Do you eat more when you're feeling stressed?
- ◇ Do you eat when you're not hungry or when you're full?
- ◇ Do you reward yourself with food?
- ◇ Do you regularly eat until you've stuffed yourself?
- ◇ Does food make you feel safe? Do you feel like food is a friend?
- ◇ Do you feel powerless or out of control around food?
- ◇ Do you eat to feel better (to calm/soothe when you're sad, mad, bored, anxious)?



If you answer yes to some/all of these questions, you may be considering an *emotional eater*. Of course, the hard part is trying to become less of an emotional eater. Here are the 4 tips this article suggests:



- Stop emotional eating tip 1:** Identify your triggers (stress, boredom, old habits, social influences)
- Stop emotional eating tip 2:** Find other ways to feed your feelings
- Stop emotional eating tip 3:** Pause when cravings hit (don't give in to cravings too quickly)
- Stop emotional eating tip 4:** Support yourself with new healthy lifestyle habits (new hobbies/habits)

I would strongly recommend visiting this link (or any other website on this topic) to get a better idea of how to curb emotional eating tendencies. Emotional eating can be a barrier to success if your goal is weight loss and a healthier lifestyle. Changing these patterns is not easy but finding strategies is necessary if it's something you want to change about yourself and your new healthier life-style. **Start small today!**

HUNGER

<p><i>Physical</i></p> <ul style="list-style-type: none"> • Is gradual • Open to all different foods • Based in the stomach • Is patient • Occurs out of physical need • Involves deliberate choices & awareness of eating • Stops eating when full • Realizes eating is necessary 	vs.	<p><i>Emotional</i></p> <ul style="list-style-type: none"> • Is sudden • Is usually for a specific food • "Above the neck" • Is urgent • Paired with an upsetting emotion • Involves automatic or absent-minded eating • Does not stop when full • Feels guilty
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Adapted from Roger Gould, M.D., "Shrink Yourself"

WHAT CAN WE DO INSTEAD OF EATING?

- Talk to a friend or counselor
- journal your feelings
- plan a fun event for yourself (concert, outing, etc.)
- read a book
- watch a funny movie-laughter heals
- take a hot bath or a nap (get enough sleep to help manage emotions)
- practice deep breathing
- play cards or a board game
- clean, do laundry, yard work
- yoga, meditate, pray
- take a walk,
- get a massage
- give yourself a pedicure, manicure
- sing, dance
- listen to music
- play with a child or your pet
- Exercise!
- Visual art or any hobby you love
- be part of a social group
- turn off the media/phone
- FEEL the feeling
- Forgive Yourself!!