

## Biggest Loser 2008

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*"There are no secrets to success. It is the result of preparation, hard work, and learning from failure"*

Colin Powell

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## What to Expect In 2008

Welcome, we are excited to have you be part of this year's Union County Family YMCA's Biggest Loser contest. These newsletters will be going out every other week and will contain team standings, weight loss tips, team challenge directions and special offers on personal training, massage therapy and other YMCA programs. This year the winning team will receive \$250 in local gift certificates (the team chooses), the second place team will receive \$125 in local gift certificates. The top three individuals will receive t-shirts. Whether your goals

are to win the contest or just have fun and lose some weight it is important to the YMCA that you follow our core values of Caring, Honesty, Respect and Responsibility. Be a positive motivator to your teammates and focus more on your overall health rather than just losing weight. Remember, every time you step on the scale it only gives you one measurement of your progress. Also take into consideration the new habits you are forming and how you feel when determining your own progress. Ultimately this contest is not about 12

weeks; it's about adopting a healthier, active lifestyle that is physically, mentally and spiritually rewarding. Through out the course of this program YMCA staff will be available to answer your questions, give you support and help.

Good Luck,

Mitch Potterf  
Wellness Director  
Union County Family YMCA

## Goal Setting

This is the time of year when we all resolve to lose weight, work out more and improve our health. Well just as every journey starts with a single step, every journey needs a map! Set realistic and achievable fitness goals to start off the year. Set your goals and then review and adjust the course along the way. There will be times when you get off course. You'll get busy at work or with family. Look at these challenges as parking spots. They're just places where we stop for a bit. You just can't stay there if you want to get to your destination. To stay out of parking spots, or at least keep them to a minimum, get out your journal and spend a few minutes

exercising your mind. You need to set up S.M.A.R.T. goals:  
**Specific:** What kind of exercise will I do? When will I do it?  
**Measurable:** How many minutes? What's my target heart rate?  
**Attainable:** Is my body up to these challenges?  
**Realistic:** Have I created a schedule I can stick to?  
**Time Frame:** What will I do each week? Each month!

Next, make sure to write down these SMART steps. Keep them where you can see them. Then keep track of your progress each day, week, etc. Set up a reward system for reaching weekly goals and monthly goals. Maybe each week you treat yourself to a movie if

you did well. Maybe each month you treat yourself to a massage if you achieved your goals.

The bottom line is it's up to you. We are here to help you make a plan to help get you where you want to go but it is up to you to get there.



## Weighing-In

Participants only need to weigh in at the beginning of the program and the last week of the program. Most of you have already had your initial weigh-in. For those of you who have not yet weighed in please call and make an appointment to get that scheduled. The weeks of January 28<sup>th</sup>, February 11<sup>th</sup>, February 25<sup>th</sup>, March 10<sup>th</sup> and March 24<sup>th</sup>, 2008 we offer courtesy weigh-ins Monday – Friday from 7-9 AM, 11AM -1 PM and 5-7 PM and Saturdays 8AM – 12 PM. You do not need to sign up for these weigh-ins. You may simply check in at the front desk and a staff member will assist you. If you would like to consult a professional staff member about your progress, please call ahead to make an appointment. Following the weigh-in week we will take the information from those that weighed in and calculate each team's percentage of weight lost. We will NOT publish individual's weights- only the team's percentage lost. We will rank teams in the upcoming newsletter based on those results. We highly encourage your participation in the courtesy weigh-ins. They are a good way to chart your progress, keep you on track and help you accomplish your goals.

## 2008 Teams

| <b>Team Name</b>      | <b>Team Captain</b> | <b>Trainer</b>    |
|-----------------------|---------------------|-------------------|
| Susan Ehler's Team    | Susan Ehlers        | MaryAnne Couchman |
| The Wonder Women      | Carol Navin         | Nichelle Harris   |
| Team 3                | Tara Marlette       |                   |
| Team 4                | Debbie Jindra       |                   |
| Team 5                | Stephanie Ishmael   |                   |
| Team 6                | Kelly Hothem        |                   |
| Team 7                | Julie Smith         |                   |
| UCY Hurricanes Team 1 | Sue Borawski        |                   |
| Team Ooze             | Scott Flading       |                   |
| UCY Hurricanes Team 2 | Mary Ann Haynes     |                   |
| Lighten Up            | Trina Beeching      |                   |
| Team 12               | Betsy Kale          |                   |
| Team 13               | Sarah Crouse        |                   |
| A New Direction       | Kim Wilson          |                   |
| Team 15               | Kathy House         |                   |
| Team 16               | Marc Woerlein       |                   |
| Team 17               | Dave Scheiderer     |                   |
| Team 18               | Brian Palmer        |                   |

# ***Group Exercise Challenge***

***BEGINS SUNDAY, JANUARY 27, 2008  
ENDS SUNDAY, FEBRUARY 3, 2008***

## ***RULES***

***OBJECTIVE: Your Biggest Loser team attends as many group exercise classes as you can in seven days. The top 3 teams with the most attendance points will win the challenge.***

- ***Each time a member of your team attends a class you get a point for your team.***
- ***Multiple team members can attend the same class – each person gets a point for being there!***
- ***Personal Training sessions will count as group exercise classes for this challenge.***
- ***The class instructor must initial that you attended to make that point valid.***
- ***All challenge forms are due in to the YMCA no later than 4:00 on Sunday, February 3<sup>d</sup>.***
- ***Results will be posted in the Biggest Loser Newsletter on Feb. 8th!***
- ***Non-Members may attend all group exercise classes for free from January 27<sup>h</sup> to February 2<sup>nd</sup>, 2008***

***FIRST PLACE: 3 lb final weigh-in bonus  
(subtracted from your team's ending weight)  
& choice of mystery prize packs- Mind, Body or Spirit***

***SECOND PLACE: 2 lb final weigh-in bonus  
(subtracted from your team's ending weight)***

***THIRD PLACE: 1 lb final weigh-in bonus  
(subtracted from your team's ending weight)***

Name \_\_\_\_\_ Team Name \_\_\_\_\_

You have seven days to have your Biggest Loser team attend as many group exercise classes as possible. Personal training sessions count, too! Complete the card below and turn it in to the YMCA NO LATER THAN 4:00 p.m. on Sunday, February 27, 2008.

|    | Class | Date | Time | Instructors<br>Initials |
|----|-------|------|------|-------------------------|
| 1  |       |      |      |                         |
| 2  |       |      |      |                         |
| 3  |       |      |      |                         |
| 4  |       |      |      |                         |
| 5  |       |      |      |                         |
| 6  |       |      |      |                         |
| 7  |       |      |      |                         |
| 8  |       |      |      |                         |
| 9  |       |      |      |                         |
| 10 |       |      |      |                         |
| 11 |       |      |      |                         |
| 12 |       |      |      |                         |
| 13 |       |      |      |                         |
| 14 |       |      |      |                         |
| 15 |       |      |      |                         |
| 16 |       |      |      |                         |
| 17 |       |      |      |                         |
| 18 |       |      |      |                         |
| 19 |       |      |      |                         |
| 20 |       |      |      |                         |
| 21 |       |      |      |                         |