

Biggest Loser 2008

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"The only measure of what you believe is what you do. If you want to know what people believe, don't read what they write, don't ask them what they believe, just observe what they do."

Ashley Montagu

1905-1999

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Group Exercise Challenge Results

Results

Twenty people from seven teams turned in score cards for the Biggest Loser 2008 Group Exercise Challenge, which was held January 24th through February 2nd. Classes that were attended ranged from Yoga and Group Cycling to Zumba, our new salsa-style aerobics class.

MaryAnne's Divas	34
Julies Losers	23
Wonder Women	21
Shrinking Winners	15
A New Direction	5
Hurricane #1	4
Marc & Company	4

Mary Anne's Divas with 34 classes won first place and

their choice of a Mind, Body or Spirit Prize and a 3lb end of competition weigh-in bonus. **Julie's Losers** with 23 classes came in second place and will receive a 2lb end of competition weigh-in bonus. In third place with a 1 lb end of competition weigh-in bonus was the **Wonder Women**.

Group Exercise is a great way to get an effective structured work out and have a great time. Group Exercise classes are free to Union County Family YMCA members. For more information on becoming a member or purchasing a monthly group exercise

pass, please contact the YMCA Front Desk at 937-578-4250.

Mark your calendar! Our next Biggest Loser 2008 Team Challenge will be held on Friday February 22nd from 7:30 -9:00 PM. The Challenge will take place in the YMCA Gymnasium and will feature fun activities to challenge your fitness level and test your sports skills. This FREE challenge is open to all Biggest Loser participants, both members and non-members. Please see the attached flyer for details.

Great Job, Keep up the good work!

Team Standings

The results below are calculated by taking the total team weight lost and dividing it by total body weight from the initial weigh in. In order to be ranked in the standings all team members must have weighed in. These standings can be misleading, as many participants choose not to weigh-in as a strategy. The "Weighed -In" column notes how many participants on a given team participated in the weigh-in.

Team Name/Captain	Trainer	Weighed- In	% Lost
Team 13/Sarah Crouse		4	2.08%
Shrinking Winners/Kelly Hothem		2	1.10 %
Hurricane #2/Mary Ann Haynes		2	1.04 %
Julie's Losers/ Julie Smith		2	0.88 %
Team 4 /Debbie Jindra		2	0.87 %
MaryAnnes's Divas/ Susan Ehlers	MaryAnne Couchman	5	0.80 %
Brian Palmer Team		1	0.78 %
Lighten Ups/Trina Beeching		2	0.72 %
Team Ooze/ Scott Flading		2	0.59 %
Hurricane #1		1	0.17 %
GOYADS		0	0 %
Team 5/Stephanie Ishmael		0	0 %
Team 12/ Betsy Kale		0	0 %
A New Direction/Kim Wilson		0	0 %
Team 15/ Kathy House		0	0 %
Marc & Company/ Marc Woerlein		0	0 %
Wonder Women	Nichelle Harris	5	-0.39%

Strength Training or Cardio?

Many people often ask, "What is the best exercise to do to lose the most weight?" Quite simply, the best exercise to lose weight is not a single exercise but a balanced exercise program that includes all the components of fitness: cardiovascular endurance, muscular strength, flexibility and the acronym FUNN.

A balanced approach to fitness and weight loss yields the most long lasting health benefits. Like any other aspect of our life, spending too much time on one activity can lead to boredom, injury or deficiencies in the other areas.

Cardiorespiratory exercise, or cardio/aerobic training, primarily works your heart and lungs. They use large muscle groups in a rhythmic nature at a moderate level of intensity. Examples include swimming, walking, jogging, cycling, stair climbing, rowing and step aerobics. Cardio is a great form of exercise for burning lots of calories and strengthening your heart and lungs. It is estimated that 30 minutes of vigorous walking burns as much as 300 calories during activity. If you spend that same 30 minutes cycling vigorously you can burn more than 450 calories. You have to burn an additional 3,500 calories more than you consume to lose one pound of body fat. Spread out over the course of a week, that is an additional 500 calories per day.

Strength training is a way of systematically applying resistance to your muscles to make them stronger. Strength training improves muscular strength, endurance, bone density, and helps prevent injury prevention. Additionally, more so that the other forms of exercise, it also helps build lean body mass (muscle) which burns more calories at rest than fat. That means as you gain muscle your body will naturally burn more calories. If you continue to consume the same amount of total calories and increase your muscle mass you will lose weight. Some studies show that one pound of muscle burns up to 50 calories a day. Based on those studies, an additional 3 pounds of muscle would burn 54,750 calories a year that equates to over 15 pounds of fat. So if you're looking for a way to burn more calories while you are at your desk or watching TV, start a strength training program. Examples include lifting with weights or machines, bands, medicine balls, push ups, pull ups and sit ups.

Flexibility is defined as the ability to move a joint through its full normal range of motion. Flexibility training keeps muscles supple and responsive to the daily demands of life. Flexibility training should be performed on all joints and muscles and can be performed every day. Muscles should be warmed up with exercise prior to flexibility training. A good time to stretch is after a warm up or after you have completed a cardio or strength training routine.

FUNN : Functional Understanding Not Necessary The best exercise is the one you enjoy and will do regularly. We often underestimate the value of enjoying our activity and exercise. We love old sayings like, "no pain no gain," and "grin and bear it." Exercise doesn't always have to be fun; indeed often times exercise can be uncomfortable and leave muscles sore! However, the overall experience should create joy in your life. If it doesn't, you are not likely to continue with an active lifestyle and reap all the benefits.

Before engaging in any diet or exercise program it is recommended that you consult with your physician. He or she can help you determine if there are types of movements or exercises you should avoid based on any specific medical conditions you may have.

Personal Training is a service exclusively for Biggest Loser participants and YMCA members. Our team of personal trainers is a group of certified and experienced professionals dedicated to helping you achieve your health and fitness goals. Your time and health are valuable, so make sure you get the most out of each work out. Consulting with a personal trainer will help you to get started with a professionally designed and individualized exercise program that is effective, fun and rewarding. In the next issue of this newsletter there will be a Trainer's Corner article that will feature general advice and exercise tips from one of our personal trainers.

Weight Watchers at the YMCA Begins February 9th

Great news! Weight Watchers is coming to the Union County Family YMCA. Beginning February 9th, 2008 from 9:00 A.M to 10:00 A.M the new Union County Weight Watcher club will meet in The YMCA Enrichment Room. Anyone may attend and Weight Watchers will take care of all registration. Weight Watchers is a great way to stay consistent with your diet and weight loss goals. They offer helpful guidelines, advice and a proven system for losing weight safely.