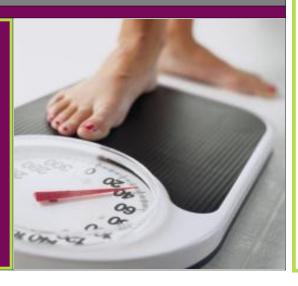
Lighten Up!

Weight Management Program

A7 day-a-week guide to lightening your load! 8 Week Wellness Program

<u>Start:</u> January 6th, 2014 <u>End:</u> March 2nd, 2014 <u>Booklet turn-in by:</u> March 7th, 2014



How do I participate in the program?

- Get a tracking booklet from your Wellness Champion
- Weigh in with your Wellness Champion the last two weeks of December and weight out with your Wellness Champion the last week of the program.
- If there is not a Wellness Champion at your location—you can take a picture of your weight on a scale and e-mail to Tracie Meeker.
- Have them track your initial and final weight in your booklet and on your tracking sheet.
- Complete 6 out of 8 possible activities each week (each day = 1 activity). It's your choice which activities you choose. Use the examples on the next page or make up your own!

How can I get my name entered into the drawing for prizes?

- You have to weigh in with your Wellness Champion the first week of the program and weight out with your Wellness Champion the last week of the program.
- You need to lose at least 5% of your starting weight OR 10 pounds.
- You need to document what activities you do each week.
- You need to complete at least 6 activities of 8 each week.
- Turn in your booklet to Tracie or your Wellness Champion no later than Friday, March 7th, 2013.

What are the prizes?
Prizes are TBD

What are the activities I can do for points each week?

<u>Mindful Eating Mondays</u> - document what you did to be mindful (see examples below):

 Don't eat in front of TV, put food/utensil down between bites, make a homemade dinner, take lunch to work, snack on healthy foods instead of less healthy foods

<u>Time-Management Tuesday</u> - document what you did to manage your time better (see examples below):

 Add, delete, and/or reprioritize tasks, do undesirable tasks first, do easier/more enjoyable tasks last, have family members help with cooking and cleaning, make to-do lists

Weigh-in Wednesday - document your weight for the week

• Weigh at home or with your Wellness Champion

<u>Thirsty Thursday</u> - document water intake (see examples below):

Drink at least 8-8 ounces glasses of water each day

<u>Fit Friday</u> - document fitness activity and how long it was performed (see examples below):

 Do 30 minutes of aerobic activity like walking, biking, water aerobics, Zumba, etc., do 15 minutes of yoga or yoga poses, try a balance exercise - Tai Chi, yoga, Qi Gong, etc., do 30 jumping jacks or wall push-ups

<u>Sleep-in Saturday</u> - document behavior that led to more sleep (see examples below):

 Don't use the alarm, go to sleep earlier, stretch before bed to help you relax, make to-do lists prior to bed so you aren't thinking about things all night, create a set sleep schedule

<u>Stress Less Sunday</u> - document stress reduction behavior (see examples below):

 Do relaxing full-body stretches, do deep breathing exercises for at least 5 minutes, pause a few seconds to think before reacting, take 5 minutes for yourself, do something you enjoy

Week 1: January 6th-12th



Weekday Activity	Write in details below
Mindful Eating Monday	
Time-Management Tuesday	
Weigh-in Wednesday	
Thirsty Thursday	
Fit Friday	
Sleep-in Saturday	
Stress-Less Sunday	
FREE Coaching Session	



Week 2: January 13th-19th

Weekday Activity	Write in details below
Mindful Eating Monday	
Time-Management Tuesday	
Weigh-in Wednesday	
Thirsty Thursday	
Fit Friday	
Sleep-in Saturday	
Stress-Less Sunday	
FREE Coaching Session	

Week 3: January 20th-26th



Weekday Activity	Write in details below
Mindful Eating Monday	
Time-Management Tuesday	
Weigh-in Wednesday	
Thirsty Thursday	
Fit Friday	
Sleep-in Saturday	
Stress-Less Sunday	
FREE Coaching Session	



Week 4: January 27th-February 2nd

Weekday Activity	Write in details below
Mindful Eating Monday	
Time-Management Tuesday	
Weigh-in Wednesday	
Thirsty Thursday	
Fit Friday	
Sleep~in Saturday	
Stress-Less Sunday	
FREE Coaching Session	

Week 5: February 3rd-9th



Weekday Activity	Write in details below
Mindful Eating Monday	
Time-Management Tuesday	
Weigh-in Wednesday	
Thirsty Thursday	
Fit Friday	
Sleep-in Saturday	
Stress-Less Sunday	
FREE Coaching Session	



Week 6: February 10th-16th

Weekday Activity	Write in details below
Mindful Eating Monday	
Time-Management Tuesday	
Weigh-in Wednesday	
ThirstyThursday	
Fit Friday	
Sleep-in Saturday	
Stress-Less Sunday	
FREE Coaching Session	

Week 7: February 17th-23rd (Weigh-outs will be Jan. 7th-11th)

**Turn in booklets by Friday, February 28th



Weekday Activity	Write in details below
Mindful Eating Monday	
Time-Management Tuesday	
Weigh-in Wednesday	
Thirsty Thursday	
Fit Friday	
Sleep-in Saturday	
Stress-Less Sunday	
FREE Coaching Session	



<u>Week 8</u>: February 24th-March 2nd (Weigh-outs will be March 3rd-7th)

"Turn in booklets by Friday, March 7th

Weekday Activity	Write in details below
Mindful Eating Monday	
Time-Management Tuesday	
Weigh-in Wednesday	
Thirsty Thursday	
Fit Friday	
Sleep-in Saturday	
Stress-Less Sunday	
FREE Coaching Session	





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