



PCS



HEALTHY CHALLENGE

It's the little details that are vital.
Little things make big things
happen. –John Wooden

Why the Healthy Challenge

- To help improve our overall health and fitness
- To help each other learn how to live a healthy active lifestyle

What is the PCS Healthy Challenge

- A sixteen week challenge to help our faculty and staff develop a healthier active lifestyle. (Modeled after the “Biggest Loser”)
- All faculty and staff members were invited to join this challenge.
- **THERE ARE TWO OPTIONS FROM WHICH PARTICIPANTS MAY CHOOSE:**
 - **PERCENTAGE OF BODY WEIGHT:** If their goal is to lose weight, they chose this option. Their loss is determined as a percentage of body weight lost **NOT** pounds lost. They could enter this category as an individual or as a team. If they enter as a team, their individual results are added together and then averaged depending on the number of people on that team, no more than four on a team. They cannot change their team or decide to be an individual participant if their team is not doing well.
 - **PERCENTAGE OF BODY FAT:** If they don't have a lot of weight to lose, but would rather focus on lowering their body fat percentage, they may choose this option. Winners in this group will be those people who lower their body fat percentage by the greatest amount.

Details

- Cost of this challenge is 32.00, paid at the first weigh in.
- Weekly weigh-ins are on Thursdays. If they can not weigh-in on Thursday, they can still weigh-in the day before or the day after but they are not qualified in the **weekly winner results**.
- This program involves no required group activities; lifestyle changes and weight loss will be their own personal choice.
- Personal information is kept confidential. If they are on a team, it is up to them to share that information with their team members.
- The final grand prize will be based on the fees collected and the amount of participants in the program. We are doing some incentives (healthy snack day, finale party) and some weekly prizes (NYstyle gift certificates, pedometers, cook books, YMCA membership passes, Subway gift certificates) . Cornell Cooperative Extension has also helped us with incentives and grant money. **The ultimate reward is a healthier active lifestyle.**
- Participants are welcome to share any dietary, nutritional, exercise, or encouraging information with other participants or staff.

Individual Charts

- Each participant has an individual chart for each month.
- Week one their blood pressure, height, weight, BMI and body fat was recorded.
- Each week after week one, depending upon the category they are in; their weight is recorded and they have the choice to keep track of their body fat and blood pressure.

Weekly Results

- After each weigh-in, I have an excel program that keeps track of each individual over the sixteen week program.
- It shows their starting weight and then each week their new weight is entered in and automatically calculated to get their weekly percentage they lost or gained.

Individual Progress Sheet

NAME : EXAMPLE

AGE 30

WEIGHT

POUNDS LOST

%

STARTING WEIGHT

212.5

WEEK 2

205.5

7

-3.29%

WEEK 3

205.5

-100.00%

WEEK 4

0

#DIV/0!

WEEK 15

0

#DIV/0!

WEEK 16

0

#DIV/0!

TOTAL

212.5

-100.00%

Healthy Challenge Emails

- Daily Emails
- Quote of the day
- Tip of the day
- Recipe of the day
- Why the emails?
- Encouragement
- Support
- Learn new ideas

Healthy Challenge Emails

- HAPPY MONDAY PANTHERS!!!!
- Tomorrow is weigh in day...so get those last chance workouts in!!!!
- QUOTE OF THE DAY: If at first you don't succeed, try ,try again. - William Edward Hickson
- TIP OF THE DAY:
- SPIN CLASS ? (CHECK IT OUT and GIVE IT A TRY) THE YMCA OFFERS SPINNING THROUGHOUT THE WEEK. (Amanda Stromberg and I attend the Saturday morning class and we LOVE IT!!!)
- Spinning is actually another term for indoor cycling. This exercise was originally developed to help train professional cyclists, but now it is a regular feature at gyms. It is usually done with a group of people in a spinning class that features loud music, directions from the instructors and the sound of the spinning bikes.
- Spinning exercise targets specific muscles in your body. It works the quadriceps, hamstrings, hips, calves and even the abs. It really helps your body to burn calories so it is excellent as a weight loss exercise. It also helps to give your body a great cardio workout, strengthen your muscles and increase endurance levels.
- This technology used in a typical spinning class incorporates cycling training with an instructor and sound training principles into a 40-45 minute workout. The bike that is used has bull-horn handlebars and users need to learn the proper holding and posture techniques to avoid muscle fatigue. The handlebars have fixed racing gears, pedals with clips and an adjustable seat.
- There is a resistance knob so that you can increase the intensity of the workout. The class consists of simulated outdoor cycling experiences, such as climbing steep hills or through rolling valleys. The users adjust the knob on the bike according to the instructions. This workout gives you all the benefits of an aerobic workout.
- What are the benefits of SPINNING?
- Burn 400 + calories per class
- Tones Muscles
- Body Shaping
- Lose Inches
- Decrease Body Fat
- Stress Relief
- Year Round Activity
- Increase Energy
- Improve Overall Strength
- Increase Cardio Endurance
- What fitness level or condition should I be in to participate in a class?
- SPINNING is great for anyone aged 16 or older and allows you to work at your own intensity by controlling your own workout with the manual resistance knob.
- RECIPE OF THE DAY:
- Quick Black Bean Wraps
- Sautéed onions, peppers, and black beans--all wrapped up in whole wheat tortillas and served with chunky picante sauce. YUMMY!!!!
- Ingredients
- . 1 teaspoon olive oil OR SPRAY BUTTER w/ water
- . 1 white onion, thinly sliced
- . 1 red bell pepper, sliced
- . 1 15 oz can black beans, rinsed and drained
- . 1 4.5 oz can chopped green chilies
- . 1/2 cup plus 8 Tablespoons thick & chunky picante sauce (medium spice)

Facilities & Programs

- Pool aerobics and open swim on Wednesday
- Open Track
- Open Weight Room
- Working out with Friends
- Aerobics on M/W/F
- Walking class
- Fitness Stations

WEEKLY RESULTS

- Weekly results are emailed out each week
- Here are two examples

HEALTHY CHALLENGE

TOP THREE OF THE WEEK

Percentage of Body Weight	Percentage of Body Fat
1.	1.
2.	2.
3.	3.

**TOTAL POUNDS LOST FOR ALL
120 POUNDSWeek 1**

Finale Party

- Had a finale party to wrap up our challenge
- Winners were announced by..Top three overall winners, top three body fat category winners and the top three teams
- Raffles and Drawings
- Each participant received a 5.00 subway gift card

Comments from participants about the Healthy Challenge?

- It has helped me to develop more friendships
- It has helped me to have more energy and motivation each day
- I think it has been wonderful! I have learned a lot and gotten some great recipes.
- I think it is going awesome.....I have wanted to lose weight and probably would have done something but the fact that it is a "challenge" is a great motivational tool....nice work.

BENEFITS OF THE HEALTHY CHALLENGE

- Learn more about the benefits of health and fitness
- Build camaraderie amongst staff members
- Knowledge of how to lead a healthy active lifestyle
- Share information learned with family members and friends