



Semi-Annual WEIGHT LOSS CHALLENGE



Work Together, Lose Together; Everybody Wins!!

<p>Event Details: MARCORLOGCOM HQ 30-Day Summer Challenge (Teams of 4) Weigh-In Kick-Off on 2 June 2015 (All Day *By Appointment Only*)</p> <p>Weekly Weigh-In every Thursday (All Day *By Appointment Only*) Last weigh-in: 1 July 2015</p> <p>Mandatory weigh-In location: IE&S Office, RM138 1st Floor Bldg 3700 MicroFit Physical Assessment Machine</p> <p>POC: Christopher Shaw x7822 Command Safety Specialist/ Health & Wellness Program Manager</p>	<p>Disclaimer: A healthy diet combined with a solid physical fitness routine is paramount to any weight-loss endeavor. If you have any pre-existing conditions or concerns, please refer to MARCORLOGCOMO 1700.29A via MCLC Health & Wellness website. All participants must be enrolled in the program. See website for details...</p> <p>1st, 2nd, & 3rd place award (Certificates of Achievement) will be given at a special ceremony following the event. Awards will be based off of overall team body fat % lost. (Ceremony Date TBD)</p>	<p>Website & Available Resources: http://www.logcom.marines.mil/Centers/SpecialStaff/IEandSafetyOffice/HealthWellness.aspx</p> <p>Daniel's Fitness Center x6234 Hours of Op: Mon-Fri 0530-2030 Sat-Sun 0900-1500</p> <p>MCLB Nutritionist: x6234 (*By Appointment*) Mon & Thurs 1100-1830 ; Wed 0630-1400</p> <p>Fitness Tracking Tool (Wellness Activities) http://www.logcom.marines.mil/Centers/SpecialStaff/IEandSafetyOffice/HealthWellness/trackingform.aspx</p>
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Planning

- Begin thinking about your schedule and how you can move things around to fit in a more active life-style.
- Have you cleaned out your fridge and pantry lately?
- Get rid of the junk food and calories in your house.
- Coach your family about your goals for yourself and them to build a solid support system.
- Prep your meals for the week on the weekend so you never get stranded without healthy options.
- Plan to eat every 2.5-3 hrs. This keeps your metabolism kicking and you hunger levels down.
- Plan to drink at least 8 glasses of water every day. This might mean packing bottled water to bring to work every day.

Nutrition

“You can’t out-work a bad diet”-
Wise Grasshopper

- Plan ahead with all four food groups.
- Don’t skip meals -this keeps you from being hungry and reduces the temptation for snacking.
- Eat the recommended amount of protein for your body weight.

Nutrition planning and personalized advice is available through the Daniel’s Fitness Center @ x6234.

For detailed generic nutrition information, please see the USMC’s “Fueled to Fight” campaign at the following link:
http://www.logcom.marines.mil/Portals/184/Docs/Sites/ie_s/wellness/files/Fuel-To-Fight-Nutrition-Planning.pdf

Physical Activity

Healthy adults should do 2.5hrs each week of aerobic physical activity at a moderate level **OR** 1 hour and 15 minutes each week of aerobic physical activity at a vigorous level. Spreading aerobic activity (at least 10 minutes) out over at least 3 days a week is best. Adults should also do strengthening activities, like push-ups, sit-ups and lifting weights, at least 2 days a week.

USDA, ChooseMyPlate.gov

Participants can expect:

- Home Workout Program
- Circuit Training at the HITT Locker (1630 – 1730)
- Wellbeats Program at the Fitness Center
 - o Spin
 - o Aerobics
 - o Kickboxing
 - o Yoga
 - o Latin Dance
 - o Hip Hop Dance
 - o Pilates

Link to daily schedule: <http://www.mccsalbany.com/index.cfm/semper-fit/daniels-family-fitness-center/>

Personalized Programs (Appointment only x6234

Accountability

**Work Together, Lose Together;
Everybody Wins!!**

There are a lot of benefits to working as a team in a challenge like this. Team weight-loss challenges can provide motivation and a support system to help participants lose more weight than if they attempted to lose weight on their own.

- **Accountability:** The natural dynamic of weighing in as a team provides the accountability needed to “stay on the wagon”.
- **Determination:** When the going gets tuff, your team-mates will be there to coach you in the right direction.
- **Competition:** Everyone likes a little challenge. The team dynamic offers multi-level competition amongst your peers that will help keep you motivated.
- **Reward:** Knowing you worked together as a team makes the reward even sweeter. Whether or not you win the challenge, everyone leaves with a sense of accomplishment.
- **Encouragement:** It’s not always easy to get in shape. When things get tough, your team will be there to put a little pep in your step!