**Biggest Loser Challenge**

Information provided by Wellness Champion Erika Kazma – Longstreet Elementary

**Directions to organize the challenge**:

* Pick a time frame to complete challenge.  Example: 12 weeks
* Choose a reward for the winner.
* Set a date to start and end.
* Encourage the whole staff to participate.
* Weigh-in on a set date and record weight on chart
* Track weight every week and record.
* Give tips and information about weigh loss throughout the challenge (examples of these tips are posted below).
* On the last day, do a final weigh-in.
* Calculate percentage of body weight lost by using this formula:

Pounds lost divided by starting weight. Then, multiply the result by 100.

Example:  
(5lbs / 150lbs) \* 100 = -3.33%

So, if your starting weight is 150lbs and you lost 5lbs, you’ve lost 3.33% of your body weight.

* Award the person who has the highest percentage of body weight lost the winner.

**Example of e-mail that was sent to co-workers reminding them to sign-up**

Don’t forget to sign up for the Biggest Loser starting next week.

Challenge: 12 weeks to lose weight and change your lifestyle for the better

When: October 1 – December 18

Entry: $20

How: Weigh-in, judgement free, in the PE portable each week to track progress.

Winner:  Lose the highest percentage of body weight and win the pot.

Results: Winner is announced on December 19.

Check out the flyer for weight watchers.  It may help you with your weight loss journey.

**Example of e-mail week 1:**

Hey Teachers,

I hope your challenge is going well!  Feel free to stop in to weigh-in weekly to help keep you on track. Please don’t hesitate to reach out to me.  I’m here to help you succeed.  Each week I will give you a tip to try.  Don’t overwhelm yourself by doing too much to start.  Try something new each week and build on it.

Tip of the Week: Drink more WATER

Try to drink at least half your weight in ounces per day plus 8 extra ounces for every hour of exercise.  For example:  If you weigh 150 pounds, drink at least 75 ounces of water.  If you exercise for an hour you will drink 75oz + 8oz totaling 83 ounces of water for the day.

*Drinking water helps to boost your metabolism which puts your body into fat burning mode.*

*When the stomach senses that it is full, it sends signals to the brain to stop eating. Water can help to take up space in the stomach, leading to a feeling of fullness and reducing hunger.*

*A person may also think that they are hungry when they are actually thirsty. Drinking a glass of water before reaching for something to eat can help to curb unnecessary snacking.*

Keep it up!

**Example of e-mail Week 2:**

**Eat Less Refined Carbs**

[Refined carbohydrates](https://www.healthline.com/nutrition/why-refined-carbs-are-bad) include sugar and grains that have been stripped of their fibrous, nutritious parts. These include white bread and pasta.

Studies show that refined carbs can spike blood sugar rapidly, leading to hunger, cravings and increased food intake a few hours later. Eating refined carbs is strongly linked to obesity ([20Trusted Source](https://www.ncbi.nlm.nih.gov/pubmed/10049982), [21Trusted Source](https://www.ncbi.nlm.nih.gov/pubmed/23803881), [22](http://onlinelibrary.wiley.com/doi/10.1111/j.1753-4887.2000.tb01855.x/abstract)).

If you're going to eat carbs, make sure to eat them with their natural [fiber](https://www.healthline.com/nutrition/why-is-fiber-good-for-you).

Look for whole grains when eating complex carbohydrates.  Be sure it says whole grains NOT enriched whole grains.  Enriched flours have been processed.

### **Example of e-mail week 3**:

### **Plan your meals.**

Having a plan will have help you to stay on track so you don’t just grab anything when you are hungry.  I’ve attached one of my menus for 1 month with the grocery list as an example.  It seems like a lot of work at first but once you have developed several menus you can recycle through them.  Modify to foods that you like.

All weight loss plans have one thing in common — they get you to [eat fewer calories](https://www.healthline.com/nutrition/35-ways-to-cut-calories) than you burn ([1Trusted Source](https://www.ncbi.nlm.nih.gov/pubmed/28765272), [2Trusted Source](https://www.ncbi.nlm.nih.gov/pubmed/23035144), [3Trusted Source](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2780863/), [4Trusted Source](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1368980/), [5Trusted Source](https://www.ncbi.nlm.nih.gov/pubmed/15867892)).

However, though a calorie deficit will help you lose weight regardless of how it’s created, what you eat is just as important as how much you eat. That’s because the food choices you make are instrumental in helping you meet your nutrient needs.

A good weight loss meal plan should follow some universal criteria:

* **Includes plenty of protein and fiber.** Protein- and fiber-rich foods help keep you fuller for longer, [reducing cravings](https://www.healthline.com/nutrition/11-ways-to-stop-food-cravings) and helping you feel satisfied with smaller portions ([6Trusted Source](https://www.ncbi.nlm.nih.gov/pubmed/23885994), [7Trusted Source](https://www.ncbi.nlm.nih.gov/pubmed/21676152), [8Trusted Source](https://www.ncbi.nlm.nih.gov/pubmed/15466943)).
* **Limits processed foods and added sugar.**Rich in calories yet low in nutrients, these foods fail to stimulate fullness centers in your brain and make it difficult to lose weight or meet your nutrient needs ([9Trusted Source](https://www.ncbi.nlm.nih.gov/pubmed/15181085), [10Trusted Source](https://www.ncbi.nlm.nih.gov/pubmed/23280226)).
* **Includes a variety of fruits and vegetables.**Both are rich in water and fiber, contributing to feelings of fullness. These nutrient-rich foods also make it easier to meet your daily nutrient requirements.

**Example of e-mail week 4:**

**Get Extra Steps**

* Walk around during recess
* Play with the kids at recess
* Park far away from your destination
* Take the stairs
* Walk around while brushing your teeth
* Walk around your house during a commercial break
* Walk around while your child is at practice
* Take a walk after dinner

Each step counts.  Get your feet moving and get your heart pumping.

I’m here for you.  Don’t hesitate to reach out.

**Example of email week 5**:

Eat a high protein breakfast.  This will keep you fuller longer so you won’t want to eat more throughout the day.

Visit <https://www.healthline.com/nutrition/20-delicious-high-protein-foods#section1> to get ideas of high protein foods.  Did you know that you can get all your protein from plant based diet?  Visit <https://www.medicalnewstoday.com/articles/321474.php> for some ideas of foods to choose if you are vegan or vegetarian.

**Example of e-mail week 6**:

Eat small meals throughout the day to keep your metabolism moving in order to burn fat throughout the day.

* Do not go more than 2-3 hours without eating.
* Snack on healthy snacks like nuts, yogurt, fruit, eggs, veggies, etc.  See more at <https://www.healthline.com/nutrition/29-healthy-snacks-for-weight-loss>
* Eat 3 smaller meals and 2-3 small snacks throughout the day.
* Food is not your enemy it is your fuel.  Choose the best fuel for your body and you will have the energy to accomplish so much more.
* Don’t forget to drink water before and after meals.

I’m here for you if you need anything.  Don’t forget to stop in to check your progress.  Almost half way done😊

**Example of e-mail week 7:**

Be sure to get all the vitamins you need.  We can get all the vitamins we need from the food we eat, but if we cut out certain foods we might be lacking in some vitamins.  See the website for ideas: <https://www.healthline.com/health/food-nutrition/vitamins-to-boost-metabolism#overview>.  In addition to the vitamins listed in this article, I believe that a probiotic will help in both aiding weight loss as well as help bloating and becoming more regular.

**Example of e-mail week 8:**

1 more week to go.  You can do it!!!

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**Example of e-mail week 9**:

This is the final countdown.  I hope you have had an incredible journey of incorporating health and fitness into your life.  Let’s see the results.  The final weigh in will be on Thursday, December 19th.  You can come by first thing in the morning.  I’ll announce the winner later that day.  Let me know if you have any questions or concerns.

**Example of email for last day of challenge:**

Hi all,

Just a reminder to come in and weigh in after 8 today. See you then

**Example of winner announcement**:

And the winner is Michelle Nelson!  Congratulations!  Keep it up, and remember I’m still here for all of you.  Don’t hesitate to reach out.