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2018



**COLQUITT
REGIONAL**
MEDICAL CENTER

What is Commit to be Fit?

- Commit to be Fit is a community-wide 10-week weight loss competition.
- Who is in charge of Commit to be Fit? Carlton Harris, Moultrie YMCA Wellness Director, and Leslie Peretti, Membership Director.
- **First and last weigh-ins must be at the YMCA.**
- All weigh-ins will be held on **Thursdays** at the following locations:
 - **YMCA** (601 26th Ave. SE)
Weigh-in Hours: 5:30 am – 7:00 pm
 - **CRMC** (3131 South Main St.)
Weigh-in Hours: TBA.
- Potential members are offered a punch card with 5 free YMCA visits for the duration of Commit to be Fit.
- Participants may only weigh-in once per week on Thursdays.
- Commit to be Fit will begin on Thursday, January 4, 2018 and will end on Thursday, March 15, 2018.
- Categories for Commit to be Fit include individuals and teams of 3.
- Cash prizes are given to the top teams and individuals at the end of the competition.

How do teams register?

- Form a team of 3 people or sign up as an individual participant.
- Choose a unique team name if you form a team.
- Registration begins December 1, 2017 at the YMCA. Each team member will complete and sign a registration form by January 4, 2018.

Returning Participant (Penalty Rule)

- Past participants who won cash prizes last year during Team Lean will NOT be eligible to win again if they regain the full amount of weight they lost

What kind of help is offered to me?

- The YMCA offers over 50 group exercise classes Monday-Friday for its members. Class schedules are available at the YMCA or online at www.moultrieymca.org.
- All Commit to be Fit participants (Members or Potential Members) are invited to attend Wednesday Challenge Workouts. These workouts will give you an extra boost before weigh-in.

What are the Commit to be Fit rules?

- All participants must be at least 12 years of age by January 4, 2018.
- Participants between the ages of 12 and 17 must have both a parental and Medical Release form signed.
- Convenient weigh-in times will be held from 5:30 am to 7:00 pm to accommodate different schedules at the YMCA and Colquitt Regional Medical Center.
- All weigh-ins will be held on **Thursdays** at the following locations:
 - **YMCA** (601 26th Ave. SE)
Weigh-in Hours: 5:30 am – 7:00 pm
 - **CRMC** (3131 South Main St.)
Weigh-in Hours: See Trey Duncan
- There are no make-up times or dates for missed weigh-ins.
- Participants who gain weight at their weekly weigh-in must pay \$1.00 per pound and \$0.50 per half pound.
- If you miss more than two weigh-ins, you are disqualified from the competition. This will be strictly enforced.
- Participants may only weigh-in once per week at one weigh-in site.
- It is recommended that you weigh-in at the same site each week to ensure consistency.
- No shoes are to be worn during weigh-ins.
- No disrobing allowed at the scales. Shoes, belts, jackets, jewelry and excessive clothing should be removed prior to entering weigh station.
- T-shirts and shorts are recommended at weigh-ins.
- Fad diets promising fast results are discouraged; such diets limit your nutritional intake, can be unhealthy, and tend to fail in the long run.
- Healthy eating and exercise are encouraged.
- Drastic weight loss is discouraged for health reasons.
- No intentional sabotaging other teams.
- Everyone must weigh-in weekly. Again, more than two-missed weigh-ins will result in disqualification from the competition.
- **The Commit to be Fit Rules Committee has the right to make changes or clarifications to the rules at any time.**

What are the benefits of Commit to be Fit?

- Weight loss through proper nutrition and regular exercise lead to better health.
- Team competition promotes camaraderie, encouragement, accountability, and motivation among team members and others.
- Weight loss often leads to more energy, increased productivity, and higher self-esteem.
- Healthier people have fewer medical expenses, which may decrease health insurance premiums.

NUTRITION TIPS

Balanced nutrition and physical activity go hand in hand.

- The best way to give your body balanced nutrition is by eating a variety of nutrient-packed foods every day, while staying within your daily caloric needs. **A healthy eating plan is one that:**
 - Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.
 - Includes lean meats, poultry, fish, beans, eggs and nuts.
 - Is low in saturated fats, Trans fats, cholesterol, salt (sodium), and added sugars.

Mix up your choices within each food group.

Focus on fruits. Eat a variety of fruits—whether fresh, frozen, canned, or dried – rather than fruit juice for most of your fruit choices. For a 2,000-calorie diet, you will need about 2 cups of fruit each day, for example 1 large banana and 1 large orange. If you need 1,600 calories, you will need about 1 ½ cups each day, for example 1 small apple and ½ cup of strawberries.

Vary your vegetables. Eat more dark green vegetables such as broccoli, kale, and other leafy greens; orange vegetables, such as carrots, sweet potatoes, pumpkin, and winter squash; and beans and peas, such as pinto beans, kidney beans, black beans, garbanzo beans, split peas, and lentils. For a 2,000-calorie diet, you will need about 2 ½ cups of vegetables each day. If you need 1,600 calories, you will need about 2 cups each day, for example, 1 medium baked potato, ½ cup cooked spinach, and ½ cup acorn squash.

Get your calcium-rich foods. Get 3 cups of low-fat or fat-free milk – or an equivalent amount of low-fat or fat-free yogurt and/or low-fat cheese (1 ½ ounces of cheese equals 1 cup of milk) – every day. If you are lactose intolerant, choose lactose-free milk products, yogurt and cheese. If you do not or cannot consume milk, select calcium-fortified foods and beverages.

Make your calories count. Look at the calories on the Nutrition Facts label and compare them with the nutrients they offer.

Tip: When you look at a food's Nutrition Facts label, first check the calories, and then check to see if it is packed with enough nutrients to make the calories worth eating.

Eat less sugar. Foods high in sugars may provide calories but few essential nutrients. So, look for foods and beverages low in added sugars. Read the ingredient list, and make sure added sugars are not one of the first few ingredients.

Tip: Names for added sugars (caloric sweeteners) include sucrose, glucose, high-fructose corn syrup, corn syrup, maple syrup, and fructose.

Know your fats. Most of the fats you eat should be polyunsaturated and monounsaturated fats, such as those in fish, nuts, and vegetable oils. Fat should be in the range of no more than 20 – 35% of the calories you eat.

Tip: Look for foods low in saturated fats, Trans fats, and cholesterol to help reduce the risk of heart disease.

Reduce sodium (salt), increase potassium. Adults tend to be salt-sensitive so aim to eat no more than 1,500 milligrams of sodium each day – the equivalent of about $\frac{3}{4}$ teaspoon of salt. Also, look for foods high in potassium, such as sweet potatoes, beet greens, white potatoes, white beans, low-fat or fat-free yogurt, prune juice, and bananas. These counteract some of sodium's effects on blood pressure.

Tip: Most sodium you eat is likely to come from processed foods, but at 1,500 milligrams, you need to be careful with the salt shaker too.

Healthy Recipes Online

- www.cookinglight.com
- www.webmd.com/food-recipes
- www.sparkrecipes.com
- www.mypyramid.gov



Make half your grains whole. For a 2,000-calorie diet, you need about 6 to 7 ounces of grains each day, and at least half should be whole-grain cereals, breads, crackers, rice, or pasta. One ounce is about 1 slice of bread, 1 cup of ready-to-eat breakfast cereal, or $\frac{1}{2}$ cup of cooked rice or pasta. If you need 1,600 calories, you will need about 5 ounces. Check that grains such as wheat, rice, oats, or corn are referred to as “whole” in the list of ingredients.

Go lean with protein. Choose lean meats and poultry to bake, broil or grill. Vary your protein choices – with more fish, beans, peas, nuts, eggs, and seeds.

Know the limits on fats, salt and sugars. Read the Nutrition Facts label on food packages. Look for foods low in saturated fats, cholesterol, and Trans fats. Choose and prepare food and beverages with little salt (sodium) and/or added sugars (caloric sweeteners).

Find your balance between food and physical activity. Living healthier and feeling better isn't just about eating healthy – it's also about physical activity. Your body was designed for activity. That means everything works together better when you keep moving. Staying active helps control body weight by balancing the calories taken in as food with the calories burned while physically active.

- Be physically active for at least 30 minutes above usual activity on most days of the week.

- Being physically active for a longer amount of time with more intensity on most days may provide even greater health benefits and help control body weight. To prevent weight gain, try about 60 minutes of moderate physical activity on most days.
- You can break up your physical activity into 10 or 15-minute sessions throughout the day – it's the daily total that matters.

Nutrition: To know the facts... use the label.

Tips when checking labels:

Check servings and calories. Look at the serving size and how many servings you are actually eating.

Tip: If you eat two servings of a food, you double the calories and nutrients, including the % Daily Values.

EXERCISE: MOTIVATING YOURSELF

You know you need to work out, but you're having trouble getting up the enthusiasm. Here are some tips to help out.

STEPS:

1. **Have Fun!** If you hate running, don't go to the track for exercise. Find something you like, try Zumba or Kickboxing. The list of different kinds of exercise is nearly endless. The only really important thing is to get your body moving and your heart rate up.
2. **Be a kid again!** Not sure what would be fun? Think about what you enjoyed as a young child. For instance, if you loved Little League, find a softball league. If you spent hours in the pool, maybe you'd enjoy Water Aerobics or Lap Swimming.
3. **Live the dream.** Do you have things you always wanted to try, or accomplish, but never got around to it? Make a list of things you would like to do: Ice-skate backwards, study karate, ballroom dance, and so on. Even if you are not physically ready to do it, consider it. You might not be ready to run a marathon, but you can start walking, and that can ultimately be a goal.
4. **Don't be afraid to look silly.** Imagine you have two friends: one who always says: "You're doing it wrong. You look like an idiot," and one who says "Keep it up, you're awesome, you're doing fine!" Which one really wants you to succeed? Listen to the positive voices, not the negative ones.
5. **Change it up.** Even if you have a routine you enjoy, mix it up from time to time. Try entirely different exercises. Try Yoga or Cycling for an afternoon workout. This will not only keep you interested, it will break your muscles out of their routine and help produce better results.
6. **Make an appointment.** For many people, going to a class or seeing a trainer at a certain time is helpful. Even if you exercise alone, make an appointment with yourself. Write on your calendar "8:00 walk in park for thirty minutes."

7. **Get a buddy.** Exercising with a friend introduces a positive kind of peer pressure. You will be more likely to go to the gym if you know someone is waiting there for you. Certain studies have shown that being watched by someone improves your performance. Talking and laughing while exercising will also keep you from being bored.
8. **Pay up front.** Don't go overboard, but if you can pay for a Y membership or personal trainer, pay up front. Knowing that you will be wasting money if you don't show up or use the equipment may motivate you.
9. **Get appropriate clothing.** If you don't have the appropriate clothes for exercise, it can be irritating, uncomfortable, embarrassing, or even unsafe. If you exercise outside after dusk, be sure you have reflective clothing to prevent traffic accidents.
 - a. **Pack ahead of time.** An iPod, athletic shoes, a towel... whatever. Walking around the house trying to find stuff is a good time to lose your resolve. Put everything together in your gym bag. When you finish working out, take out things that need to be laundered and replace them immediately.
10. **Have patience.** Real change takes about 6-8 weeks to be seen and become an actual habit. After this amount of time, the routine often becomes easier.
11. **Use visual cues.** It may help to have a visual reminder of what you are trying to achieve. If you are trying to get back to the size you were when you got married, put a picture of yourself on your honeymoon in your wallet. If you are trying to be healthier for your kids or grandkids, put a picture of them in your gym bag.
12. **Have a Goal.** What do you want to achieve? Make it specific, make it meaningful, and make it obtainable. Be sure to have short-term benchmarks along the way. It's OK to change your goals if the original plan doesn't work, but have a goal. Regularly evaluate how you are doing on your goals.
13. **Join a team.** Joining a team combines several of the above principles. If you can find a sport you enjoy, you may find working out very easy.
14. **Bring your dog.** Dogs need exercise, socialization, and fun by exercising as much as you do. Make regular time for walking your funny friend and you will both benefit. In time, your dog might start begging for walks – something a treadmill will never do!
15. **Reward yourself.** Have a healthy reward when you reach a goal. Buy yourself that cute pair of workout shorts. Go for a weekend hiking trip, ski holiday or SCUBA diving trip. Soak in the sauna for your "workout" that day. Buy a new yoga video. Celebrate your new healthy lifestyle.
16. **Bring Music.** Listen to music that will get you pumped and want to keep working out. Make a playlist on your iPod that is sure to get you in the mood to work out. Not sure how to make a playlist? Lots of folks are trying out Pandora radio, iHeart Radio and other cool apps that play a variety of music within the genre you like.
17. **Give yourself 10 minutes on a bad day.** Sluggish day? Want to give up? Make a bargain with yourself. Do your workout for 10 minutes and see if you perk up and get into it or if you should still take it easy for the day. Sometimes fatigue lessens as you warm up, but sometimes you really should take a break. Giving yourself 10 minutes will prevent you from giving up to soon though.

EXERCISE: WALKING

Walking is a great way to get fit. It improves circulation and mobility, promotes weight loss and even helps reduce stress. And there's no better time to begin a walking routine than right now.

Walk away a winner – How to get started

If you're not used to being active, start with 10 minutes each day and build as your energy increases. When you begin, find a comfortable pace and try to add about three to five minutes to your walking time each week. A good goal to shoot for is to walk 30 to 45 minutes, five days a week.

These quick tips will put an extra spring in your step:

- Stretch for 5-10 minutes before and after every walk.
- Keep a good posture. Look forward, not down at the ground, with your chin level and head up.
- Stay hydrated by drinking 8 ounces of water before you begin your walk.
- Wear shoes designed for walking for greater comfort and injury prevention.
- Your walks don't have to be long and strenuous to be beneficial. A walk to the store or through the mall counts too.

Loosen up with gentle, simple S-T-R-E-T-C-H-E-S

Before you start walking, it is very important to stretch your muscles effectively. Proper stretching not only increases your flexibility and minimizes your chances of pulling a muscle; it will also improve your stride and fluidity.

EXERCISE: TARGET HEART RATE

To receive the benefits of physical activity, it's important not to tire too quickly. Pacing yourself is especially important if you've been inactive.

Target heart rate lets you measure your initial fitness level and monitor your progress in a fitness program. This approach requires measuring your pulse periodically as you exercise and staying within 50 – 85% of your maximum heart rate. This range is called your target heart rate.

What is an alternative to target heart rates?

Some people can't measure their pulse or don't want to take their pulse when exercising. If this is true for you, try using a "conversational pace" to monitor your efforts during moderate activities like walking. **If you can talk and walk at the same time, you aren't working hard enough.** If you can sing and maintain your level of effort, you're probably not working hard enough. If you get out of breath quickly, you're probably working too hard – especially if you have to stop and catch your breath.

When should I use the target heart rate?

If you participate in more-vigorous activities like brisk walking and jogging, the “conversational pace” approach may not work so try using the target heart rate. It works for many people, and it’s a good way for health professionals to monitor your progress.

The table below shows estimated target heart rates for different ages. Look for the age category closest to yours, and then read across to find your target heart rate.

Age	Target HR Zone 50-80%	Avg Max HR 100%
20 years	100-170 beats per minute	200 beats per minute
25 years	98-166 beats per minute	195 beats per minute
30 years	95-162 beats per minute	190 beats per minute
35 years	93-157 beats per minute	185 beats per minute
40 years	90-153 beats per minute	180 beats per minute
45 years	88-149 beats per minute	175 beats per minute
50 years	85-145 beats per minute	170 beats per minute
55 years	83-140 beats per minute	165 beats per minute
60 years	80-136 beats per minute	160 beats per minute
65 years	78-132 beats per minute	155 beats per minute
70 years	75-128 beats per minute	150 beats per minute

How should I pace myself?

When starting an exercise program, aim at the lowest part of your target zone (50%) during the first few weeks. Gradually, build up to the higher part of your target zone (75%). After 6 months or more of regular exercise, you may be able to exercise comfortably at up to 85 percent of your maximum heart rate. However, you don’t have to exercise that hard to stay in shape.

Weekly Food/Exercise Journal

	Breakfast	Lunch	Dinner	Snacks	Exercise
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					