



No Weight Gain Contest

Welcome Letter



Thank you for participating in this year's program. We hope the accountability of the scale, some weekly tips and hopefully, the support of co-workers will help you stay healthy this holiday season. This 8-week program begins November 14th and runs until January 6th. You are eligible to win one of twenty \$100 VISA gift cards by maintaining your original weight from weigh-in to weigh-out.

So, what is the secret to success?

Moderation + *physical activity* + *stress relieving activities*

Plus, any strategies that you and others have successfully used in the past. And **we want to hear from you** so we can share your success tips with other participants on our website: www.pima.gov/hr/health/noweightgain.html. E-mail wellness@pima.gov with any tips, strategies, resources, or related contributions so we can post it with your first name and department or anonymously as you choose. Also, be sure to visit the website for others' contributions.

Moderation

Moderation is simple, but works differently for every person. The idea is not to deprive yourself, but to make conservative, conscientious choices. You don't have to resist every mouthwatering temptation to be successful. Here are some ideas to help you:

- Pick just one treat – your favorite – at each holiday celebration in which to indulge, instead of trying one of everything.
- If it's difficult to choose just one, select a few of your favorites, but only take very small portions, and "taste" each one. We experience the most flavors in our foods during the first bite or two.
- Use a salad plate instead of a dinner plate at buffet-style meals.
- Bring the healthier, delectable treat to the party or share a fruit tray.
- Learn about the calorie content of your favorite holiday foods and plan accordingly.



Remember: It's all about calories in = calories out.

If we eat more than we expend each day, we will gain weight.

Exercise

If you have a routine, stick with it! If you know a holiday function will interfere with your workout, plan ahead. Pick a new activity at a different time, or add to your workouts on other days. If you have out-of-towners for the holidays, take them to see some of Tucson's natural outdoor trails. If you are going away, pack a pair of sneakers and make sure to include activity every day. You can also bring along a resistance band to keep up with your strength training. This is a great time of the year to try out some additional, intense ten-minute workouts or add some walks to your regular routine to help burn off any extra calories you're eating. (There is a quick guide on our website!)



If you do not regularly exercise, this is the time to start! Begin by adding in as many 10-minute walks as you can, or get ready for the New Year with a new gym membership and try out some fun exercise classes. Add in as much additional activity as you can this time of year. Involve family and friends in this endeavor and it will be even easier.

Stress Reliving Activities

Many people experience additional stress during the holidays and much of it involves things that cannot be avoided or changed (the first strategy to reducing stress). It is important that we take care of ourselves and practice some type of stress relieving strategy. Look into incorporating a simple 10 minute yoga practice into your daily routine. Taking time to stretch and breathe throughout the day can lower your stress levels and help you get through those long hours sitting behind a desk.

Other activities include:

- Meditation exercises
- Reading a favorite book
- Going on a walk through the neighborhood



Identify some actions that work for you and write them in your calendar. Keep these appointments along with all your other holiday functions and plans and don't let their priority level drop. It can really only take five minutes a day of something quiet and meditative to reduce strain on your body, mind and spirit.

Whether it is time, a gym membership or a massage, take care of yourself!

And remember to give the gift of good health to your family and friends.