DSU Half-Ton Weight Loss Challenge - Overview

- We’re challenging the DSU community to collectively get rid of 1,000 pounds (1/2 ton) of extra weight by the end of this 12-week program.
- Fad diets don’t work – instead, you’ll be receiving ‘tried and true’ suggestions weekly to get you moving towards a healthy weight.
- Small changes add up to make a BIG difference. Starting February 8th, you’ll receive a weekly e-mail – each one recommends a proven weight loss strategy.
- We strongly recommend that you weigh-in weekly. This will keep you accountable and motivated. Weigh-ins are on Mondays between 11am-1pm and 4-5pm in the WRC – room 107.
- Weekly prizes will be awarded – the way you become eligible is to show up for the weekly weigh-in.
- The hand-outs in your folder will be referenced in future weeks.

Getting started Week #1...

For week 1, review the “National Weight Control Registry” hand-out. These are characteristics that “successful losers” have in common. Think about one habit that you are currently not doing, and that you would be willing to “adopt” over time.

Often, individuals have no idea how much they eat and/or drink, or how active they are. For the next week, keep a detailed record of what you’re consuming and how many minutes you spend on intentional activity – see the form in your packet. Where it says exercise on the bottom, jot down minutes, not miles. For example, “20 minutes walking the WRC track.” Be sure to write down everything you eat – the candy you grabbed from a co-workers desk, or the snacks you had while studying, etc. This is for your information only – unless you would like it to be reviewed by a registered dietitian, which is an option.

*If you have any questions throughout the program, e-mail mcarter@desu.edu*