

Newsletter

Volume 3



WORKSITE WELLNESS TURKEY PROGRAM

Smart Moves

Write it Down



Tracking weight, food intake and physical activity through journaling increases weight management success. If you begin gaining weight journaling helps you to recognize the weight gain, evaluate your lifestyle habits, adjust your choices and address the problem before the gain becomes significant.

You will be weighing-in with Smart Moves once per week, but you may find it helpful to weigh yourself daily. A recent study found that overweight and obese individuals who weighed themselves daily lost more weight than those who weighed themselves less often. If you choose to weigh-in daily keep in mind that your weight fluctuates due to intake, hydration, digestion and even hormonal changes.

Write down what you eat daily. Ask yourself before you eat, "is this choice calorie worthy? Do I really want to write it down?" This written record helps you evaluate food choices in light of weight loss or gain and establish your personal success plan.

Track physical activity to help you assess your progress toward physical fitness goals. Just as with the intake record, you will be able to evaluate your activity as it relates to your weight loss or gain. Journaling helps you recognize what level of activity is necessary for you to attain and maintain a healthy weight.



TODAY'S AGENDA

- I. Weigh-in & record
- II. Celebrate success
- III. Newsletter Volume 3
- IV. Air volleyball
- V. Next week - Move More

Check out meal planner and activity logs at
www.EatSmartMoveMoreNC.com