

Biggest Losers! You are off to a great start, pat yourself on the back, and keep up the great work!

Let's evaluate what we are already doing!

I have lost some weight and I am feeling good!

I am eating a healthy breakfast every day!

I am eating a small and nutritious snack every two or three hours!

I have given up or downsized the amount of Coca-Cola, Pepsi, or diet drinks throughout the day with water!

I do stand at my desk when on a phone call or walk as much as possible and take the stairs!

I have started exercising or have joined a class such as Zumba, Pilates or Boot Camp!

I am getting a little bored???

Well, what can we do to spice this up? As a team I can do the following and invite an individual participant to join in:

Let's plan a weekly support lunch! Make it a chili lunch or a salad lunch! Stephanie can make the chili and everyone else can donate a couple dollars or Candi can bring in the bagged lettuce, Vince can bring in the sliced tomatoes, Mary can bring in the sliced cucumbers, and Diane can bring in the low fat dressing!

Let' plan a weekly snack day! Tina can bring in the reduced-fat cheese bites, Larry can bring in some cut up veggies and low-fat dip, and Dean can bring in the whole grain crackers!

Let's plan an outing! After work, let's meet at the mall for a few laps, let's meet at the skating rink, or let's plan a Saturday snow shoe or cross-country skiing adventure!

Remember, start everyday with a healthy and sensible breakfast, plan for snacks in advance, drink water, stand or walk whenever you can, and get moving!

You should be proud of your accomplishments, keep it up!

Jackie A. Via
Administrative Secretary/Wellness Coordinator
Lake County Commissioners Office
(440) 350-2748
jvia@lakecountyohio.org