

National Body Challenge

Presented by the Parks and
Recreation Department

Goals

- Lose Weight?
- How about a healthier lifestyle?
- Lower Blood Pressure?
- All of these and more should be our goals, but the most important goal is:
- To live a healthier and happier life and be comfortable in our own skins.

Failures

- What is a diet and why do they fail?
- Why do workout plans fail?
- Why does an online program fail?
- How can we avoid these failures?

Teamwork

- The key to a successful program is teamwork.
- What do we mean by teamwork?
- We are now accountable to others.
- We have partners who may be relying on us.
- We don't want to be "that guy"!
- When an experience is shared, it is easier to achieve success, especially a tough one.

The Discovery Channel National Body Challenge

- www.health.discovery.com
- www.inspire.com
- www.caloriesperhour.com
- www.livestrong.com
- www.msn.com - health and fitness

Week One

- Were giving you folders and notebooks.
- This week, your job is to:
- Write down everything you eat or drink.
- Take 5 days out of the next 7, start in the morning.
- Everything and be as accurate as you can
- Remember, better to over estimate than to under estimate when it comes to food intake!

Question & Comments

- Recreation Department:329-1268
- Aquatics Center:325-8287
- Senior Center:329-0469
- Ask for Kevin or Tess
- Good luck