

A Healthier Weigh in 2019

Trek to the Summit



"A Healthier Weigh" is a 12-week program to promote health and fitness.

Registration is \$40 per person; \$160 per team of 4 adults (18 and older).

Over 50% of registration fees will be returned as **PRIZES at the Celebration in April!**

Team members will encourage each other to increase walking and other physical activity; complete online activities or Cooking & Nutrition sessions to apply information learned about nutrition, health and fitness; and to stay focused throughout the 12 weeks.

- Teams of 4 adults (18 or older)/ OR Individuals complete the Entry Form. Choose a fun, funny or funky team name. Team or individual competition names (not participant names) are used in publicity during the challenge. Team members will be identified with award publicity at conclusion of challenge.
- Entries and payment are due at the time of weigh-in January 7th through January 13th to Bent County Extension, Amb Thompson Blvd, Las Animas, CO. 81057. Call 719-456-0764 or email Coopext_bent@colostate.edu to set up a weigh- in time.
- To support participants with researched based nutrition and fitness information, on-line lessons are provided by Extension during the duration of the challenge. **In order to be eligible for prizes at the end of the challenge, ALL team members are required to complete 4 of the 6 lessons.**
 - Team members receive a new posting of information on health, fitness or nutrition every 2 weeks via the Extension website <http://bent.extension.colostate.edu/> (Under A Healthier Weigh on the right hand side of the page) with simple activities/responses to complete. **ALL LESSON REPORTS WILL BE DONE BY ON-LINE RESPONSE FORM.** **If that is not an option for you, then email your responses to Coopext_bent@colostate.edu**

➤ ***TREK THE SUMMIT WALKING CHALLENGE***

- Team members record daily pedometer activity and report weekly to Team Captain, who reports individual and total team steps for the week via email to Coopext_bent@colostate.edu each Monday of the Challenge. ***TREK THE SUMMIT CHALLENGE*** is designed to help you establish or maintain a walking routine by challenging you to "climb" to the top of some of the world's highest mountains. You will build up to reach the top of the world's highest mountain, by climbing progressively higher mountains each week. ****FUN ADDITION: Using the Excel workbook file, the weekly step totals are directly linked to the TREK TO THE SUMMIT recording page- SEE HOW MANY TIMES YOU AND/OR YOUR TEAM CAN CLIMB TO THE SUMMIT AND DOWN AGAIN EACH WEEK! There will be awards for the "Biggest Climbers" at the end of the challenge.**
- **Pedometer activity may be tracked using a cell phone tracking app, wearable fitness tracker (Fitbit, Apple watch, Garmin, etc.), or a traditional waist pedometer. If the participant does not own a pedometer, the county Extension staff will assist in providing one. A conversion sheet will be provided for other fitness activities. Step conversions are only necessary under circumstances that the pedometer you chose to use does not record steps for that exercise or you cannot wear a pedometer. Waist pedometers and swimming would be instances where the conversion sheet would be used to calculate steps.**



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Continued on the back

- “*A Healthier Weigh*” ends April 1st (or corresponding date to your weigh-in) with team Weigh-Out and Evaluation by appointment.
- Awards will be given for teams and individuals with the most steps/miles and the “Biggest Loser” category. **CASH awards will be given. Announcement of the Celebration event will be posted as soon as confirmed.**
- *If you are under a physician's care for any health condition that may affect your ability to participate in this program, we recommend approval from the physician before beginning.*

Contact Abby Weber at 719-456-0764 with questions.

We hope you will enjoy “*A Healthier Weigh*”.

If you have a disability for which you seek an accommodation, please notify Extension staff by January 4, 2019.





A Healthier Weigh

Weigh-In Recording Sheet

Team Name _____

Beginning Weight - January __, 2019	Ending Weight - March/April __, 2019
A:	
B:	
C:	
D:	
TOTAL	TOTAL

Weight Difference # _____

Weight Loss Percentage _____

WAIST Circumference (Inches)			WAIST Circumference (Inches)		
January	Height in Inches	Ratio (Waist/Height)	March	Height	Ratio
A:			A:		
B:			B:		
C:			C:		
D:			D:		
Total:			Total:		

Team Inches Lost: _____

Percentage of Inches Lost: _____



A Healthier Weigh Postings Accessing Online

New *A Healthier Weigh* postings will be available every other week on **Mondays** beginning January 7th. Each member of the team is encouraged to access the information and complete every 2 weeks their choice of one of the options for **Applying the Lesson**.

Each team member who completes a report of Response Form by 2 weeks from the original posting date will earn 25 points for their team. (Example: 1st week would be due by January 21 for full points. Late responses will lose 5 points.)

Each team member must report on at least 4 of the 6 Applying the Lesson activities for their team to be eligible for Overall Team Awards. (It does not have to be the same 5 bi-weekly times or the same 5 activities.)

Accessing Website:

1. Go to the Golden Plains Area Extension website (<http://bent.extension.colostate.edu/>) Under A Healthier Weigh on the right hand side of the page.
2. Click on the link to the *A Healthier Weigh* posting. Each posting is about 2-3 pages of information and *Applying the Lesson* activity options.
3. Select the current *A Healthier Weigh Lesson* posting. Information is in Adobe PDF format. If your computer does not have Adobe Reader installed, use the link on the page to download and install the current Adobe Reader.
4. After reading the *A Healthier Weigh* posting, complete one of the options for *Applying the Lesson*.
5. To report your *Applying the Lesson* activity, access the AHW home page (see 1 & 2 above) and select the appropriate bi-weekly form. You will be able to complete your report online, or print a form and complete. (Details below on options for completing).
6. Regardless of how you complete the activity report, you **must put in your Team Name, and your first name**. If participating as an individual, use your “team” name and your first name.

Each participant can select the way they wish to complete *Applying the Lesson* activity report.

Online Option: Online form is accessed by clicking the appropriate link for the bi-weekly posting and reporting your results. Click the “Submit” button at the bottom of the form. Responses will be recorded on our database.

....**Printed Copy:** If you are not able to access the postings and *Applying the Lesson* activities on the website, call Bent County Extension at 719-456-0764 to get help or arrange to receive a printed copy. Reports may be returned in person; mailed to 1499 Amb Thompson Blvd, Las Animas, CO 81057; or delivered to the Extension office.

To download free Adobe Acrobat Reader: <https://get.adobe.com/reader/>

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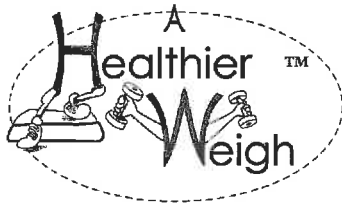
"A Healthier Weigh" Individual Step/Activity Log

Team Name _____ Your First Name _____

1. Each Team Member will record steps daily on this log.
2. Each Team Member will report their Weekly Step Total to Team Captain
3. Team Captain will use form on other side to report Weekly Totals for Each Team Member AND Team Total to Bent County Extension (details on other side).
4. If Weekly Totals are reported within 1 week, Team will receive 1000 Bonus Steps and Individuals 250 bonus points for that week. (i.e. Week 1 ends January 12; Bonus points earned if reported by January 21)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
Week 1 1/7 -1/12								
Week 2 1/13-1/19								
Week 3 1/20-1/26								
Week 4 1/27-2/2								
Week 5 2/3- 2/9								
Week 6 2/10-2/16								
Week 7 2/17-2/23								
Week 8 2/24-3/2								
Week 9 3/3-3/9								
Week 10 3/10-3/16								
Week 11 3/17- 3/23								
Week 12 3/24- 3/30								

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"A Healthier Weigh"

Weekly Team Summary for Steps

Team/Individual Name _____

Team Member Code **A** **B** **C** **D**

Note: *Team Captain will assign each member to record in A, B, C, or D order on the Team Chart to keep each person consistently reporting in the same column. You may use individual names of team members.*

Team Captain Reports Weekly Total for Each Team Member and Weekly Team Total by:

emailing to: coopext_bent@colostate.edu

Teams that report totals within 1 week receive 1000 bonus steps for that week.

	Team Member A	Team Member B	Team Member C	Team Member D	Weekly Total
Week 1 1/6 -1/12					
Week 2 1/13-1/19					
Week 3 1/20-1/26					
Week 4 1/27-2/2					
Week 5 2/3– 2/9					
Week 6 2/10-2/16					
Week 7 2/17-2/23					
Week 8 2/24-3/2					
Week 9 3/3-3/9					
Week 10 3/10-3/16					
Week 11 3/17- 3/23					
Week 12 3/24- 3/30					



Wearing a Pedometer

The following procedures will help you determine the best place to wear the pedometer. **No two pedometers will read identically on a person. The new, more accurate pedometers are key to helping you realize that basic sitting or getting up and down at work does not relate to a fitness level. The pedometer will help you see more accurately just how much you need to do to maintain a fitness level.**

The Omron (HJ-321) pedometers uses a “smart sensor technology” so it is not as easily affected by the location or position on the body. The Omron pedometer may be worn attached to a belt, or pants, or in a front pocket of your pants, shirt or jacket.

NOTE: SITUATIONS WHICH MAY NOT RECORD STEPS:

- *Unit moves irregularly
- *Walking in an inconsistent pace
- *Up and down movement
- *Vibrations from a moving vehicle, bicycle
- *Walking very slowly
- *Does not display step count of **FIRST 4 SECONDS** – if you don't continue walking

****It is important to set your stride length and set the initial settings correctly so the measurement results are accurate. The following will help you set your pedometer. Refer to the included instructions if needed.**

1. Measure your stride length by walking 10 steps and measuring the distance.
2. Divide distance by 10 which equals the number of inches you will input.
3. On the pedometer: Press and hold the set button until “inch or “cm” flashes.
4. For each of the **settings press the MODE or the MEM keys to highlight desired entry.**
5. Choose “inch” for stride length.
6. **Press “SET” to confirm setting.**
7. Set Distance Unit- “miles”
8. Set Time display- “12hr” (be sure to get a.m. or p.m. settings correct) or 24HRS- like military or hospital time.
9. Set your stride length (what you measured from #1 & #2 above- 12 to 46 inches)
10. Set the hour and minutes for the correct time of day.

NOTE: RECORD your step count each evening! The tracking slate gets wiped clean at midnight, so it automatically resets to zero for the new day. It also has a 7-day memory, so you can retrieve the count up to 7 days back.

Occasionally a pedometer will not work correctly, but 99% of the cases of inaccuracy are due to user positioning or the walker's impact and speed. Soft carpet and shuffling your feet affect the count. If you have problems with the pedometer, contact **Abby Weber at the CSU Extension, 719-456-0764. Do NOT throw it away.** These pedometers have a 1-year warranty, so we normally can replace one if it is defective under normal use. You should remove the pedometer before bathing, swimming, and when you go to bed. If you lose the pedometer or it is damaged such as dropping in water, etc. **The replacement cost is \$15.00.**

NOTE: If you go through a security check such as the airport, entering some government buildings, courthouse, etc., **remove the pedometer unless you wish to experience a pat-down.**



Step Conversion Sheet

PLEASE NOTE: Conversions are estimates; your actual steps may vary

Activities	Steps/Minute*	Activities	Steps/Minute*
Aerobic dancing class	127	Pilates	91
Aerobic fitness class	181	Punching bag	180
Aerobics, low impact	125	Racquetball, casual	181
Aerobics, step	153	Racquetball, competitive	254
Backpacking	181	Rollerblading	156
Baseball	130	Rowing machine	212
Basketball, game	145	Running, 12 - minute mile	178
Basketball, recreational	130	Running, 10 - minute mile	222
Bicycling, easy pace	130	Running, 8 - minute mile	278
Bicycling, moderate pace	170	Skateboarding	102
Bicycling, vigorous pace	200	Skiing, light/moderate	109
Bowling	71	Skiing, cross-country	114
Bowling on the Wii	61	Sledding	158
Boxing, non-competitive	131	Snowboarding	182
Calisthenics	106	Snowmobiling	106
Circuit training	199	Snowshoeing	181
Croquet	76	Soccer, recreational	181
Dancing, salsa/country/swing	109	Softball	152
Electronic sports, Wii/PS3	91	Swimming, backstroke	181
Elliptical trainer	203	Swimming, butterfly	272
Fishing	91	Swimming, freestyle	181
Football	199	Swimming, leisure	174
Frisbee	91	Table tennis	120
Gardening	80	Tae Bo	250
Golf, powered cart	80	Tae Kwon Do	290
Handball	348	Tai Chi	40
Hiking	172	Tennis	200
Hockey, field and ice	240	Volleyball	91

Horseback riding	90	Water aerobics	116
Horseshoes	71	Water skiing	145
Ice skating, general	84	Weight lifting	67
Ice skating, moderate	122	Wrestling	145
In-line skating	190	Yoga	45
Judo & Karate	236		
Jumping rope, fast	300		
Jumping rope, moderate	250		
Kickboxing	290		
Lacrosse	242		
Miniature golf	91		

* Steps/Minute equals steps per minute.

Sources: America on the Move; Healthy Steps to Albany; Concordia Plan Services

The secret to a longer life keeping your waist to less half you height, study suggests

10 September 2014



(Medical

Xpress)—Keep your waist trimmer than half your height and you could significantly boost your life expectancy.

Academics are urging policymakers to adopt this simple message after finding waist-to-height ratio (WHtR) is a more accurate predictor of mortality risk than body mass index (BMI).

Researchers at Cass Business School, part of City University London, and Ashwell Associates are calling for the measurement - waist circumference divided by height - to replace BMI in primary public health screening.

It comes after the authors compared the effect of central obesity (as measured by WHtR) and total obesity (as measured by BMI) on life expectancy. Analysing more than 20-years of health data for non-smoking men and women in the UK, they found a stronger link between WHtR and mortality rates than BMI and mortality rates.

In the first study of its kind, the authors went on to quantify the number of years of life lost to obesity as measured using WHtR.

They cite the example of actors Arnold Schwarzenegger and Danny De Vito in the movie *Twins*. Both actors have a BMI of 34. If BMI is used as the measure of obesity both stand to lose 3.6 years of life.

However, using WHtR they calculate that Schwarzenegger (WHtR 0.48) would not expect to lose any years of life whereas De Vito (WHtR 0.71), could be expected to lose 5.8 years. This is because Schwarzenegger has a high BMI due to muscle whereas De Vito has the same level of BMI but due to fat.

According to the authors, the average 30-year-old, 5ft 10in tall man should have a waist of no more than 35in. This would put him in the healthy category. If his waist expanded to 42in or 60 per cent of his height, he risked losing 1.7 years of life and if it grew to 56in he could die 20.2 years earlier.

An average 30-year-old, 5ft 4in tall woman risked dying 1.4 years earlier if she let her waist increase from half her height, 32in, to 60 per cent of her height, 38.4in. If her waist increased to 51in, she could die 10.6 years earlier.

Professor Les Mayhew of Cass Business School said the latest findings highlighted the need for an urgent review of how obesity is measured.

"There is now overwhelming evidence that government policy should place greater emphasis on WHtR as a screening tool," he said. "Current UK policy tends to be restricted to BMI and, to a lesser extent, waist circumference. Focusing on WHtR, which is more globally useful than waist circumference, will identify those with central obesity and ensure resources are focused on those most at risk."

Cass Business School's Professor Ben Rickayzen added: "The use of WHtR in public health screening, with appropriate action, could help add years to life."

Dr Margaret Ashwell OBE, Director of Ashwell

Associates, and a visiting academic at Oxford Brookes University, said: "This latest study on years of life lost further supports the very simple global message: "Keep your waist circumference to less than half your height"."

Provided by City University London

APA citation: The secret to a longer life keeping your waist to less half you height, study suggests (2014, September 10) retrieved 11 December 2014 from <http://medicalxpress.com/news/2014-09-secret-longer-life-waist-height.html>

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A Healthier Weigh 2019 Post-Assessment

Please respond to the following statements about your current physical activity and eating habits.

	Always or Most Often	Sometimes	Rarely or Never	Don't Know
I get at least 30 minutes of dedicated physical activity 5 days per week.				
I get at least 30 minutes 2 days a week of dedicated strength straining as part of my overall physical activity.				
I work each week to increase my flexibility through stretching.				
Half of my daily beverage consumption is water.				
I regularly include all food groups (vegetables, fruit, grains, protein & dairy) in my daily meals and snacks.				
I eat recommended portion sizes for most foods.				
I eat breakfast every morning, including a source of lean protein.				
I use mindfulness as a tool for health and weight management.				
I get regular health screenings.				
I get 8 hours of restful sleep every night.				
I have a support system in place to help with my health and fitness goals.				

What was your health and fitness goal(s) for *A Healthier Weigh 2019*?

Please give one (or more) behavior changes you have adopted (or are working on adopting) to reach your health and fitness goal(s).

Please answer questions on the second page.

**2019 A Healthier Weigh
Post-Assessment - page 2**

In your opinion, has your overall health changed during participation in *A Healthier Weigh*?
If yes, in what way? (i.e., blood pressure, cholesterol, glucose, arthritic pain, sleep, stress)

Did the every-other week lessons & responses help support your progress towards your health and/or fitness goals? Why or why not?

Discuss tracking your activity level using your own tracker/app/pedometer. What did you see as the benefits of the method you used?

The greatest benefit from participating in *A Healthier Weigh* was:

Suggestions or comments you have for this health and fitness challenge:

