



Weight Loss & Activity Minutes Challenge January 18 – May 20, 2016

LOSE TO GAIN GUIDE

What will you gain when you lose? Better health, ability to fit into your old blue jeans? Or will it mean that you will be able to keep up with your children or simply feel better? Lighten Up Onslow is designed to help you in lose weight and become more active and on your way to better health.

Lighten Up Onslow participants have told us that losing weight has helped lessen their joint pain, helped them feel better overall and improve their health. Research shows that losing weight can help lower your risk for heart disease, your blood pressure and your risk of developing diabetes.

In the past four years the Lighten Up Onslow Challenge has helped residents of Onslow County lose over ten thousand pounds! As a result of the challenge, people in the community have become more active and increased their fitness endurance. They have learned how to make better food choices and improved their overall health. All brought to you by Onslow Memorial Hospital, your trusted partner in health and wellness.

This quick guide offers information on how to register and get started, goal setting and resources and ideas to help you stay motivated. If you feel that you are not ready to commit to join the program, the great news is that you can use the [Lighten Up Onslow website](http://www.lightenuponslow.org) as a resource for information only. Then, when you are ready, join us at any time.

1: Getting Started

Lighten Up Onslow provides two options to join: as an individual or as a four-person team.

- **Individual Participant:** If you feel that you are self-motivating and can be successful going solo on your health journey, you have the opportunity to register as an individual. Simply visit www.lightenuponslow.org and click on the **REGISTER NOW** button. On the registration page, click on “Register Now” under the Individual Registration section. You will be asked a few simple questions in order to register.
- **Four-Person Team:** If you need someone to keep you accountable and motivated, ask your friends, co-workers or family members to consider signing up with you as a four-person team. Visit www.lightenuponslow.org and click on the **REGISTER NOW** button. On the registration page, click on “Register Your Team Now” under the Team

Registration section. Please have your group choose someone to be your team champion to be sure that you have everyone's information included in the registration.

2: Goal Setting

Whether you join Lighten Up Onslow as a team or as an individual to lose weight, you should set achievable short term and long term goals. Goal setting will help you start and continue on your journey to a healthier life.

Here are some examples of goals that you can consider when you set your own goals.

Short Term	Long Term
Start a food journal	Complete the food journal for a year
Walk the dog three days a week	Walk the dog at least one mile everyday
Pack a healthy lunch three days a week	No more fast food at all
Use smaller dishes for meals	Always use portion control methods.

Goal setting will help you to make small decisions that will ease you into making lifestyle changes that will stick. By starting out slow, you are more likely to keep the goals you set for yourself. When you set your goals, set a date in which you want to reach that goal, and when you do, reward yourself!

3: Next Steps

Lighten Up Onslow makes your weight loss challenge simple so that you can spend time doing the things that you love. Take a look at the information that is located on the website: www.lightenuponslow.org. Resources on the website includes how to join the challenge, free exercise videos, cooking videos, recipes, and experts from Onslow Memorial Hospital, kids and family information, local events, and employer resources. This information is available to you because it is important to remember that getting healthy is not just about eating a healthy diet, but it also includes exercising and getting the family motivated to make healthier choices. When working towards goal setting and using the Lighten Up Onslow resources, be sure to pick a plan that will work for you. Watch and follow some of the exercise videos and find which one will work the best for you. Try some of the recipes or learn how to cook healthier with the cooking videos.

In order to track your progress, please submit your weight and fitness minutes on the Fitness and Weight Loss Tracker (the [blue](#) button in the upper-left corner), and log-in by using your email address and PIN number that you used to register for the challenge. For your convenience, you can use any device (smartphone, laptop, ipad, etc.) put in your fitness minutes and weight.

4: Resources

Through the Lighten Up Onslow program, you have access to multiple recipes, links to exercise videos, cooking videos and multiple health information articles! Each of these resources are not only carefully selected to help you achieve your goals, but also to help you save time so you do not have to spend hours researching. The Lighten Up Onslow staff works diligently to stay up to date with the latest smartphone apps, health tips and popular exercises.

If you have questions, please contact moreinfo@lightenuponslow.org.

5: Staying Motivated

As mentioned above in the Next Steps phase, it is not easy to stay motivated, especially when life gets in the way.

1. Set time aside to focus on your health. Whether it is a 5 minute walk or a 5 mile run, at least do something.
2. Be sure to get familiar with the Lighten Up Onslow website. There is a lot of information on the website that you can use in order to save time not having to search the internet.
3. If you need help, just ask! Email moreinfo@lightenuponslow.org for extra tips and motivation.
4. Remember, you are doing something to positively impact you and your family!

Frequently Asked Questions

- Is there a cost?
No. Lighten Up Onslow is a free, community weight-loss challenge.
- When can I join?
You or your team can join at any time. The challenge runs from January 18 – May 20, 2016.
- Can I win prizes?
The Lighten Up Onslow team with the greatest percentage of weight-loss and/or the most accumulated fitness minutes for the 16-week program will win prizes. In order to win, you will need to submit your weight and fitness minutes on the Fitness and Weight Loss Tracker (the [blue](#) button in the upper-left corner) Log-in by using your email address and PIN number that you used to register for the challenge.

Several tips:

- Use a consistent scale to weigh.
- Try to weigh-in at least once a week to stay accountable. If you can't submit your weight weekly, you need to put this information in at least once a month.
- You can put in your fitness minutes and weight every day, if you wish.

- If I am on a team, can everyone see my information?
No. When you complete your sign-ups, everyone is asked to complete their own profile. This allows the information to stay private from other team members. Only the Lighten Up Onslow staff can see your information, but the staff follows all current confidentiality guidelines.
- Are you experiencing registration issues?
 1. Check to see if you used the wrong email address?
 2. Are you on a team and need to change any team members?
 3. Do you want to switch to a different team?
 4. Are you on a team and want to participate as an individual?
 5. Are you participating as an individual and now want to be on a team?

If you answered “yes” to any of the above questions, please contact moreinfo@lightenuponslow.org to receive assistance.

6. Teams only: Did you receive a registration email to complete your registration?

If you answered “no,” log-in to the Fitness and Weight Loss Tracker (the [blue](#) button in the right corner) and submit your weight or activity minutes. If you have not completed the registration, the system will prompt you to complete your registration. Or contact moreinfo@lightenuponslow.org.