

# The Biggest Loser Club!

## Welcome to Rosebud's Biggest Loser challenge 2010!

- Struggling to figure out how to make those changes for the New Year?
- Overwhelmed by how big your goals feel?

### **Good news!**

If you have 15 to 20 minutes a day, you have enough time to change your life for the better. This program can help you make real change in your life....

Fifteen minutes gives you enough time in the morning to:

- Boil or microwave some instant oatmeal for breakfast.
- Pack a healthy snack for work. Some examples are: carrot sticks, fruit or a small handful of nuts.
- Pack a low-cal lunch. Avoid fattening fast food lunches by preparing a sandwich, a piece of fruit and some veggie sticks ahead of time.
- Fifteen minutes in the evening can help you plan for tomorrow meals. Use that time to chop veggies, not only for meals but also as snacks.
- Use any five, ten or fifteen minutes you can get to prepare, make sure you are ahead of the game... be ready for when hunger strikes!

→ **Don't forget to drink lots of water, all day, not only when you exercise!**

### **Reminder of the Week:**

*“Diet alone is not going to be sufficient; if your goal is not only to lose weight but to get healthier... you must incorporate some form of exercise to your routine. Fifteen minutes of cardio, twice a day can be a great start for those not use to working-out!”*

NOTE: We are glad you joined us this year or welcome back!

We are here to support you and to provide you with the tools you may need.

If you have any questions about diet, exercise or program guidelines, please feel free to contact us at 747-4600. You can also find our weekly tips online at [www.rstdpp.org](http://www.rstdpp.org).