



**March 19, 2010 ■ CONTESTANT UPDATE #10**

## **One Week to Go!**

### **FINAL WEIGH-IN THURSDAY MARCH 25**

Who will win the infrared spa from Desert Oasis Pool & Spa? The Wii Fit Bundle from Budget Car Sales? The major makeovers from Aladdin's Salon? Check in for the final weigh-in at Kia Ora Fitness on **Thursday, March 25<sup>th</sup> between 5 am and 10 pm to be eligible to win prizes!** All contestants who weigh-in will have their **body fat measured** – a great way to find out your progress since the beginning of the year and a reason to talk with a trainer about improving your progress for summer **swimsuit season!**

### **AWARDS CEREMONY SATURDAY MARCH 27**

Join Kia Ora Fitness and the Biggest Loser Contest sponsors for the much anticipated awards ceremony at **11 am on Saturday, March 27<sup>th</sup>**. Bring your family and friends to cheer on all of the contestants who worked so hard over the 10-week challenge!

### **ORANGE YOU GLAD YOU'RE ON KEVIN'S TEAM?!**

Congratulations to Kevin's **Orange Team**, which ran, swam and tugged their way to first place victory last Saturday. The Biggest Loser Team Challenge featured various events such as an obstacle course, wall sits, and sled pull. Kathy's Green Team came in a close second, followed by Kevin's Pink Team, Becky's Blue Team, Tim's Yellow Team and Becky's Purple Team.

### **AND THE WINNER IS...**

Congratulations to **Jessica Torie of Kennewick**, who wins her choice of a **haircut or shampoo/style & deep conditioning treatment from [Aladdin's Salon](#)** just for weighing in this week!

Check in every Thursday to enter to win great prizes, regardless of your progress! Weekly weigh-in is optional but gives you an opportunity to check your progress and ask questions about achieving your goals. **Thursday Check-In at Kia Ora Fitness 5 am - 10 pm.**

### **FREE HAIRCUT SPECIAL... JUST FOR BIGGEST LOSER CONTESTANTS!**

At the official Tri-Cities Biggest Loser Contest makeover salon, all contestants get a free haircut with a color or highlight when you call to schedule your appointment by the end of the month! Professional hair color or highlights can make a stunning statement about both your hairstyle and you! Whether you're looking for a subtle change or a bold style, call Aladdin's Salon at **735-7312** to schedule your free cut!

### **GETTING PORTION SIZES BACK UNDER CONTROL**

At home and away, our meals have all become supersized. And so have we! Find out why how much you eat is just as important as what you eat in your diet for controlling weight in this Kristen Stewart article published by [EverydayHealth.com](#).

Over one-third of U.S. adults are now considered obese. What we eat certainly contributes to America's obesity epidemic, but how much we eat and our lack of portion control may be even more important factors. The bottom line: We are eating too much! With free

soda refills and supersized French fries lurking around every corner, it's no wonder we have trouble controlling how much we eat. But if you want to control your weight, you must exhibit portion control.

### **What Is Portion Control?**

A portion is just another word for the serving or amount of a food. The actual serving size of any given food you eat, whether you make it at home or order it in a restaurant, may be many times the portion amount suggested by United States Department of Agriculture (USDA) guidelines. That means you may easily be eating more calories than you think and more than you need to maintain a healthy weight. Too much of any food, even if you're eating a diet of only healthy food, can cause weight gain.

Portion control means knowing the size of an average portion of common foods and, to avoid gaining weight, making sure that your portions don't add up to more food than you need. "Portion sizes will determine the calorie content of a meal. The more you eat, the more calories you consume," says Joan Salge Blake, RD, clinical associate professor in the Department of Health Sciences at Boston University in Boston, Mass. "When trying to maintain a healthy weight, you need to make sure that you don't consume more calories daily than you need."

### **Portion Control: Sizing Up Total Daily Portions**

According to the USDA, current daily recommendations for a 2,000-calorie diet include:

- 5 1/2 ounces of lean meat or 1 1/4 cups cooked beans
- 2 1/2 cups of vegetables
- 2 cups of fruit
- 3 cups of low-fat or fat-free milk or the equivalent dairy products
- 3+ ounces of whole-grain products

Keep in mind these are the total amounts of food from the major food groups eaten per day, not per meal, and plan accordingly. If you eat a small steak or a large chicken breast at a meal, you may have all the meat you need for the entire day. Also, a 2,000-calorie diet isn't appropriate for everyone; that may be too much for you. How many calories you need to consume per day depends on your existing weight, height, and how active you are. To find out how many calories per day you need, visit the USDA's food pyramid Web site to get a more personalized breakdown of portion sizes right for you.

### **Portion Control: Recognizing Portion Sizes**

It's not practical to think that you can weigh every food you put on your plate. What you can do, however, is learn to recognize what key portion sizes look like, so help you know the right amount to serve yourself or eat at a restaurant.

- Use the same size plates and bowls at each meal so that you can get use to what proper portion sizes look like on each dish.
- Develop visual cues by matching portion sizes to familiar items.
- A three-ounce serving of meat is the size of a deck of cards or a bar of soap.
- A medium potato is about equal to a computer mouse.
- A half-cup of rice would just about fill a regular-sized cupcake wrapper.
- One ounce of cheese is about the size of four dice.
- Sandwich meat should be equivalent to the thickness of one standard slice of whole wheat bread. Vegetables should be twice the thickness of the meat.
- Eyeball food portions based on the amount of room they take up on a dinner plate. For example, on an 8- to 10-inch plate, half of the plate should be covered with vegetables, one-quarter with a starch like rice or a potato, and one-quarter with a protein. The plate should not be overflowing and you should see some of the plate between the servings.

### **Portion Control When Eating Out**

Controlling portion size when eating out can be a challenge because, in general, restaurant servings are considerably bigger than recommended portion sizes.

"Depending on the fat and water content of different foods, you could eat twice as much as you think or half as much [when eating out]. Also, it depends on the size of the plate, how much cheese is hidden inside the dish and so on," says Susan B. Roberts, PhD, professor in the nutrition and psychiatry departments at Tufts University in Boston and author of *The Instinct Diet* (Workman). "Even people with a PhD in nutrition like me can't really guess from looking at a plate of food we didn't cook how many calories it has in it!"

However, there are ways to manage portion size when eating out. Lona Sandon, RD, assistant professor in the Department of Clinical Nutrition at the University of Texas Southwestern Medical Center in Dallas offers these tips:

- Choose from the children's menu, if the restaurant lets you. "Just because it says 12 and under does not mean you cannot order from it," says Sandon.
- Have an appetizer or salad for your entrée.
- Order a la carte from the side items on the menu rather than a main dish.
- Request lunch portion sizes at dinner, since lunch portions are generally smaller.
- Ask to have a to-go box brought with your meal and before you start eating, put half of what is on your plate in the box to take home for another meal. This is particularly good to do with deli sandwiches, which are almost always twice the size a person needs, says Sandon.

With careful portion control you can have your cake and eat it, too. Just be sure to do it in moderation!

Summer will be here before you know it and you'll be in great swimsuit shape if you start now! March on in to Kia Ora Fitness and begin your membership for just \$39.95 single or \$49.95 couple/family. This offer applies to 1-year full-use memberships. Also when you join, you will receive:

- A FREE month when you complete your 6 in 15 card(s).
- A 20% discount toward Pro Shop merchandise or supplements.
- \$2 off of an Extreme Blendz drink of your choice.
- Three free tans.
- 50% off of your first massage visit.



**Save \$30 on the amazing exerspy while the sale lasts.** There is no better tool to get a look into how your body works with weight control. Eliminate all mystery, elucidate the truth with exerspy!

Also consider an intro to **Personal Training** — All members who have not previously utilized Kia Ora's fantastic personal training staff are welcome to begin with 3 sessions for just \$99. Take advantage of this super value and get results now with expert coaching.

Get started now to enjoy the quality of **7 Les Mills programs offered by the most experienced team in the area at no extra charge!** Kia Ora instructors are by far the most experienced with over 125 program releases from 7 Les Mills programs and *all programs are included* in your monthly dues. No hidden costs here!

### **BE FLEXIBLE**

BODYFLOW™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

Check out some getting started tips, including some key moves, at [www.lesmills.com/westcoast/en/members/bodybalance/getting-started.aspx](http://www.lesmills.com/westcoast/en/members/bodybalance/getting-started.aspx)

Kia Ora features a variety of Les Mills fitness classes, and you can try one for FREE if you've never been before. Go to [www.kiaorafitness.com/specials/free\\_class.htm](http://www.kiaorafitness.com/specials/free_class.htm) to print your free class voucher.

### **CAN YOUR HUNGER BE BLAMED ON OUT-OF-WHACK GHRELIN LEVELS?**

The hormones leptin and ghrelin act in a kind of yin-yang relationship when it comes to hunger and satisfaction. Just as leptin tells the brain to turn off hunger, ghrelin tells the brain you're famished.

For the average person, ghrelin levels increase when the stomach is empty, explains Biggest Loser Trainer Jillian Michaels. Ghrelin is the reason you always feel hungry at particular moments in the day — your body's clock triggers the release of the hormone according to a finely tuned schedule. Ghrelin will remain elevated until you've given your body enough nutrients to satisfy its needs. Because the hormonal signals that you're satisfied can take time to kick in, eating slowly may help you eat less overall. By the time your stomach fills up, ghrelin levels start to drop again, you feel satisfied, and you stop eating. Sounds easy, right?

Well, constant calorie restriction keeps ghrelin levels high, which may be why some yo-yo dieters feel as if their hunger just keeps getting worse the fewer calories they eat. This is all part of nature's way of telling us, "Eat already!"

You have to stay ahead of ghrelin surges by eating regularly, because ghrelin is crafty about getting you to eat. Some research even shows that ghrelin triggers reward centers in the brain to make food seem even more appealing. Ghrelin triggers these centers when you ordinarily wouldn't need to eat — except you just smelled fresh chocolate chip cookies in the kitchen at work. As we encounter tempting treats throughout our day, this devious ghrelin is probably a big part of what makes maintaining weight loss so challenging. Eating balanced meals every four hours and getting eight hours of sleep will help you better manage your ghrelin levels. Saying no to those treats is entirely up to you!

### **BIGGEST WEEKLY LOSER STATS**

The Tri-Cities Biggest Loser is selected based on a formula of weight and size loss to height, age and gender ratio. In other words, total pounds lost is not the sole factor considered by the judges at the conclusion of the 10-week contest... They look at total body weight and body fat percentage reduction, and "before" and "after" photos. Weekly weigh-ins can be significantly impacted by the clothes contestants are wearing from week-to-week, the time of day in which they weighed in, how much food/beverage is in their system, height, gender, etc. So.... we're hesitant to publicize how many pounds individuals lost in a single week... It's just not a fair determination of your own progress! Regardless, if you made it through this exhausting disclaimer to take the weekly weigh-in numbers with a grain of salt...

- This week's TOP 3 Tri-Cities Biggest Losers were all women! Our biggest female loser reduced her body weight by 2.9%. She lost 4 pounds from last week's weight of 137.8 pounds!
- The man with the biggest total weight percentage loss this week dropped 1.81% (4.6 pounds) of last week's 254.4-pound weight. He also holds the title of the man who lost the most pounds this week.
- The woman who lost the most pounds lost this week dropped 6.2 pounds from last week's 265.2 weight!

**BIGGEST LOSER UPDATES, EPISODES & EVENTS ONLINE**

Go to [www.KNDU.com](http://www.KNDU.com), click the “home” tab and then the “contest” category to access the Tri-Cities Biggest Loser Contest website. Check back frequently updates; local events; episode recaps (if you missed NBC’s Biggest Loser on Tuesday night); articles and videos on weight loss, exercise and diet; and to post your comments.

