

Focus on Fitness 2009

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HEALTHY Journal 5

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FINAL STATS!

<p>Barb O'Neill</p>  <p>Exercise Report Aerobic 4 Muscular Endurance 2 Food Log 2 Fit POINTS: 8</p> <p>Weight change since 1/19/09: -14.0 lbs. Waist:hip ratio: Start 0.83 End 0.81</p>	<p>Mark Mattson</p>  <p>Exercise Report Aerobic 3 Muscular Endurance 2 Food Log 2 Fit POINTS: 7</p> <p>Weight change since 1/19/09: -33.0 lbs. Waist:hip ratio: Start 1.08 End 0.98</p>	<p>Teresa Kauppila</p>  <p>Exercise Report Aerobic 4 Muscular Endurance 2 Food Log 2 Fit POINTS: 8</p> <p>Weight change since 1/19/09: -38.0 lbs. Waist:hip ratio: Start 0.89 End 0.85</p>
<p>Cathy Bolm</p>  <p>Exercise Report Aerobic 1 Muscular Endurance 2 Food Log 2 Fit POINTS: 5</p> <p>Weight change since 1/19/09: -7.0 lbs. Waist:hip ratio: Start 0.96 End 0.91</p>	<p>Kenny Mullins</p>  <p>Exercise Report Aerobic 4 Muscular Endurance 2 Food Log 2 Fit POINTS: 8</p> <p>Weight change since 1/19/09: -49.0 lbs. Waist:hip ratio: Start 1.08 End 0.97</p>	<p>Helene Pytyck</p>  <p>Exercise Report Aerobic 4 Muscular Endurance 2 Food Log 2 Fit POINTS: 8</p> <p>Weight change since 1/19/09: -5.0 lbs. Waist:hip ratio: Start 0.88 End 0.84</p>
<p>Susan Divine</p>  <p>Exercise Report Aerobic 4 Muscular Endurance 2 Food Log 0 Fit POINTS: 6</p> <p>Weight change since 1/19/09: -20.0 lbs. Waist:hip ratio: Start 0.84 End: 0.81</p>	<p>Jamie Dolan</p>  <p>Exercise Report Aerobic 4 Muscular Endurance 2 Food Log 2 Fit POINTS: 8</p> <p>Weight change since 1/19/09: -25.0 lbs.</p>	<p>How Do We Measure Progress? Getting fit and meeting weight goals takes a comprehensive plan. The Focus on Fitness members can earn a maximum of 4 points per week. Here's how: 2 pts = aerobic exercise 6/7 days/week, 1 point for 3-5 days/week 1 pt = muscular endurance exercise 3 days/week 1 pt = food log 3 days/week</p> <p>Why Measure Waist-to-Hip Ratio? Waist and hip measurements were taken to provide a baseline measure of health risk. Extra weight around the hips (pear shape), does not carry the same risk for disease</p>



Before After

Focus on Fitness Finish Line – How do we measure success?

By Donna Marlar, RD,BSN,MA
 MGH Weight Management

"Baseball is a lot like life. It's a day-to-day existence, full of ups and downs. You make the most of your opportunities as baseball as you do in life." – Ernie Harwell

Five months is a long time to be in a public lifestyle change program. Sticking with good intentions is really tough when you are tired, hungry and the gang is heading out for pizza.

Each of the Focus on Fitness participants stuck with the program, showed up, kept a good attitude, and their results show it.

Although total weight loss is a typical measure of success, we know health is much more than weight, and I would like to talk about other achievements of the group.

- Lower cholesterol – Barb O'Neill has bragging rights about her cholesterol which improved to the "excellent" range
- Less diabetic drugs – Cathy Bolm found that her regular morning exercise routine worked as well as her diabetic drugs. One medication she no longer takes, and the other is greatly reduced
- Improved fitness – Kenny Mullins was able to hike up a steep grade that had been impossible to do last year.

Not one of the group members will tell you that it has been easy. Each of the members looked for daily opportunities to be more active and seek out foods that were nutritious.

As Jamie Dolan shared with the members at our last meeting, "If stressful situations would have happened to me in January, I would have probably been eating whatever junk food I could get my hands on – but that hasn't happened now and it wasn't!"

Congratulations to the members, and thanks to all of the community members who have supported the program.



Before After

191 POUNDS LOST AND MANY HEALTH GOALS MET!
 We wish the Focus on Fitness team continued success.