



## "LBS Challenge" Student Timeline (Losing Weight, Building Confidence, Staying Healthy) February 6, 2012-April 23, 2012

#### Monday, February 6, 2012

Weigh In-Bank of Colorado Event Center 4:00 p.m.

## Wednesday, February 15, 2012

# Getting Physical -- Presentation 12:00-12:45pm Register by: Feb 13

Presenter is: Angie Myers, Dietitian SRMC

Are you too busy to exercise? Or perhaps you find it too boring or confusing? If so, you're not alone. Studies show that 60% of American adults don't get the recommended amount of physical activity, and over 25% of adults are not active at all. Call or email Amanda Kerker, 521-6744 or <a href="mailto:amanda.kerker@njc.edu">amanda.kerker@njc.edu</a>. Free-Bring Your Own Lunch

#### Monday, February 20, 2012

Weigh In-Bank of Colorado Event Center 4:30 p.m.

## Wednesday, February 29, 2012

# Motivation -- Presentation 12:00-12:45pm Register by: Feb 27

Presenter is: Kari Mueller, Health and Fitness Promotion

We have hit the halfway point in the challenge. Understanding the difference between barriers and excuses and how to work through it in order to achieve your goals.

Call or email Amanda Kerker, 521-6744 or amanda.kerker@njc.edu. Free-Bring Your Own Lunch

## Monday, March 5, 2012

Weigh In-Bank of Colorado Event Center 4:30 p.m.

## Thursday, March 8, 2012

Eat This Not That— Registration & Networking starts at 11:30 Presentation 12:00-12:45pm Register by: March 6 Presenter is Dr. Tony Gerk.

**Healthy Luncheon and Presentation** Call or email NJC Extended Studies to register; 521-6900 or jessica.buckmaster@njc.edu.Cost ~ \$15

# **Monday, March 19, 2012**

Weigh In-Bank of Colorado Event Center 4:30 p.m.

#### Wednesday, March 28, 2012

Healthy Habits- Presentation 12:00-12:45pm Register by: March 23

Call or email Amanda Kerker, 521-6744 or amanda.kerker@njc.edu. Free-Bring Your Own Lunch

# Monday, April 2, 2012

Weigh In-Bank of Colorado Event Center 4:30 p.m.

#### **Monday, April 23, 2012**

\*\*\*\*Final Weigh In-Bank of Colorado Event Center 4:30 p.m.\*\*\*\*All candidates <u>must</u> weigh in at this time-a brief award ceremony will be given for the winner of the challenge.

#### **Additional Notes:**

A series of workshops have been put together based on important aspects of not only losing weight but being able to maintain the weight loss. We believe you will find value in the information presented by the area experts. If there is a cost for a workshop, the cost is associated with food costs. Registration for each of the workshops must be done by the specified date in order to plan accordingly for food and room planning. Location of the event will be given when the individual registers for the workshop.