



HEALTHY YOU

May 2009

UK Health & Wellness Program
116A Seaton Center • Lexington, KY 40506-0219
www.uky.edu/HR/wellness • (859) 257-WELL (9355)

Inspiration: 2009 Biggest BLUE Loser wins at weight loss



Before

After

Jennifer Allen, the 2009 Biggest Blue Loser female winner, lost 19 pounds during the 10-week competition. She continues attending Weight Loss Matters classes. To date, she has lost a total of 27 pounds. She shares her success story below.

Q: Why did you join Biggest Loser/Weight Loss Matters?

A: After my husband had such great success by joining Weight Loss Matters a year ago, I decided to give it a try in order to lose weight and tone up after having two children in a little over two years.

Q: How did the program and staff help you?

A: Getting a personalized eating plan was very helpful. It gave me set guidelines that I needed to start making changes in my diet. I also began working out at the gym again, which feels so good. The staff is encouraging and never judgmental. It was such a positive experience that I signed up for another 10 weeks.

Q: What was your biggest challenge?

A: I love starches and my biggest challenge was getting past the first two weeks when I felt hungry all the time. Now I hardly notice that I used to eat so many starches and carbs. It was also a challenge to find time with two young children to go to the gym. Once I started going during my lunch break, I realized I could make time and not have it interfere with time with my boys.

YOU are a future success story!

Lose weight the right way like Jennifer did — with the help of our registered dietitians. Weight Loss Matters is a 10-week weight-loss program that allows you to set your own goals. Classes meet once a week and the cost is only \$50. **New classes begin Tuesday, June 9 or Thursday, June 11. Registration deadline is June 5.**

For more information, please visit
www.uky.edu/HR/wellness/weightlossmatters.html.



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Calendar

Join the Start! Movement

UK Health & Wellness and UK HealthCare are proud to partner with the American Heart Association's Start! Movement, an initiative to fight heart disease and stroke through physical activity. The campus Start! Kickoff Event is **June 3, at noon**. More details coming soon at www.uky.edu/HR/wellness.

Need help meeting your weight loss goals?

New Weight Loss Matters classes begin Tuesday, June 9, or Thursday, June 11. **The registration deadline is June 5, and class size is limited.** Register at www.uky.edu/HR/wellness/weightlossmatters.html.

Quick & Healthy Recipe

Citrus Tarragon Chicken

- 4 boneless, skinless chicken breast
- 1/2 cup lemon juice
- 1/2 cup orange juice
- 2 cloves garlic, crushed
- 1 tablespoon olive oil
- 1 teaspoon ground ginger
- 1 teaspoon dried tarragon, crushed

Combine all ingredients and mix well. Pierce each chicken breast 2 or 3 times with a fork. Pour marinade over chicken and marinate in the refrigerator for 2 hours. Remove chicken and discard remaining marinade. Grill or broil chicken for 6-8 minutes or until no longer pink in center.

Makes 4 servings
Serving Size: 1 chicken breast

Nutrients per Serving: Calories 180; Total Fat 5 g; Saturated Fat 1 g; Cholesterol 66 mg; Sodium 75 mg; Total Carbohydrate 7 g; Protein 27 g; Fiber less than 1 g.

Quick Health Tip

Here are a few simple ways to help you make healthy choices at the grocery store:

- Bypass the front of the package and go right to the ingredient list. Pay close attention to the first few ingredients.
- Quickly scan the nutrition facts to view key nutrients.
- Remember low fat does not equal low calorie.
- Don't assume foods with logos or endorsements on the package are necessarily a better choice.
- Be willing to spend a few extra minutes in the grocery store.

How We Can Help

Meet with our dietitians for a free* nutrition consult. Our dietitian can help you meet your nutrition goals whatever they may be — weight loss, lowering your cholesterol, or lowering your blood pressure. For more information, visit www.uky.edu/HR/wellness/consults.html.

(*Available only to UK employees, retirees, and their spouses/sponsored dependents.)

The UK Health & Wellness Program is part of UK's employee benefits package and is available to all UK employees, retirees, spouses and sponsored dependents.



Disclaimer: This information is not intended to replace advice from your physician. You should always check with your physician before making major changes to your diet and/or physical activity schedule.