



Guide to a Lighter You!

What does it mean for you to be lighter? Does that mean eating healthier? Exercising more? Or could it simply mean that you simply want to feel better? Lighten Up Nashua is a program specifically designed with life's demands in mind, and the program's simple tools and guides help you find practical ways of meeting your goals.

This quick guide offers information on how to register and get started, goal setting, resources and ideas on how to stay motivated. If you feel that you are not in the place to be able to commit to registering for the program, the great news is that you can use the Lighten Up Nashua website as a resource for information only. Then, when you are ready to register, you can at your convenience.

Getting Started

Lighten Up Nashua provides two options to join: as an individual or as a 4-person team.

Self: If you feel that you are self-motivating and can be successful being solo on your health journey, you have the opportunity to register as an individual. Simply visit www.LightenUpNashua.org and click on the **Register Now** button in the left corner of the homepage banner. On the registration page, click on "Register Now" under the Individual Registration section. You will be asked a few simple questions in order to register your name and information.

Team: If you need someone to keep you accountable and motivated, ask your friends or family to consider signing up as a 4-person team. Visit www.LightenUpNashua.org and click on the **Register Now** button in the left corner of the homepage banner. On the registration page, click on "Register Your Team Now" under the Team Registration section. Please have your group choose someone to be your team champion to be sure that you have everyone's information included in the registration.

Goal Setting

In order to stay motivated, whether you are working in a team or individually, set achievable short term and long term goals. Goal setting encourages you to continue your journey for a healthier life.

Here are some examples of goals that you can consider:

Short Term

Start a food journal
Walk the dog three days a week
Pack a healthy lunch three days a week
Use smaller dishes for meals

Long Term

Complete the food journal for a year
Walk the dog at least one mile everyday
No fast food
Always use portion control methods.

The purpose behind goal setting is to make small decisions that ease you in to making lifestyle changes. By starting out slow, you are more likely to keep the goals you set for yourself and you will feel as if you have made a great accomplishment. An important factor to keep in mind: reward yourself! When you set your goals, set a date in which you want to reach that goal, and when you do, reward yourself!

Next Steps

Lighten Up Nashua wants to make things simple so you can spend time doing the things that you love. Become familiar with the information that is located on the website, www.LightenUpNashua.org. Information on the website includes exercise videos, cooking videos, recipes, kids and family information, local events, and employer resources. This information is included because it is important to remember that getting healthy is not just about eating a healthy diet, but it also includes exercising, getting the family motivated to make healthier choices, and making a choice to just simply do better. When working towards goal setting and using the Lighten Up Nashua resources, be sure to pick a plan that works for you. Watch and follow some of the exercise videos and find which one is the best fit. Try some of the recipes, and find what you like or dislike. If you find what you like and you see results, you are more likely to stay with the plan.

In order to track your progress, please submit your weight and fitness minutes on the **Progress Tracker** (the **BLUE** button in the upper left corner), and log-in by using your email address and PIN number that you used to register for the challenge.

Resources

Through the Lighten Up Nashua program, you have access to multiple recipes, links to exercise videos, cooking videos and multiple health information articles! Each of these resources are not only carefully selected to help you achieve your goals, but also to help

you save time so you do not have to spend hours researching. The Lighten Up Nashua staff works diligently to stay up to date with the latest phone apps, health tips and popular exercises.

If you are interested in other information, such as goal setting examples or exercise logs, let us know and we can provide those to you! If you have questions, please contact admin@lightenupnashua.org.

Staying Motivated

As mentioned above in the Next Steps phase, it is not easy to stay motivated, especially when life gets in the way.

1. Set time aside to focus on your health. Whether it is a 5 minute walk or a 5 mile run, at least do something.
2. Be sure to get familiar with the Lighten Up Nashua website. There is a lot of information on the website that you can use in order to save time not having to search the internet.
3. If you need help, just ask! Email admin@lightenupnashua.org for extra tips and motivation.
4. Remember, you are doing something to positively impact you and your family!

Frequently Asked Questions

Is there a cost?

No. Lighten Up Nashua is a free, community weight-loss challenge.

When can I join?

You or your team can join at any time during the challenge.

January 19 – May 15, 2015

After the challenge ends on May 15th, you can take the next challenge (no need to register again, just continue entering your weight and your activity minutes).

2015 Challenge Sessions

January 19 – May 8, 2015 | May 25 – September 4, 2015 | September 21 – December 31, 2015

Don't forget, you can always use www.LightenUpNashua.org as a resource for recipes, exercise videos, to continue on your healthy journey.

I can win prizes?

The Lighten Up Nashua team with the greatest percentage of weight-loss and/or the most accumulated fitness minutes over the challenge will win prizes. In order to win, you will need to submit your weight and fitness minutes on the **Progress Tracker** (the **BLUE** button on the upper left corner) and log-in by using your email address and PIN number that you used to register for the challenge.

Several tips:

- o Use a consistent scale to weigh.
- o Try to weigh-in at least once a week to stay accountable. If not, you need to put this information in at least once a month.
- o You can put in your fitness minutes and weight every day, if you wish.

If I am on a team, can everyone see my information?

No. When you complete your sign-ups, everyone is asked to complete their own profile. This allows the information to stay private from other team members. Only the Lighten Up Nashua staff can see your information, but the staff follows all current confidentiality guidelines.

Are you experiencing registration issues?

1. Did you put in the wrong email address?
2. Are you on a team and need to change team members?
3. Do you want to switch to a different team?
4. Are you on a team and want to participate as an individual?
5. Are you participating as an individual and now want to be on a team?

If you answered "yes" to any of the above questions, please contact admin@lightenupnashua.org to receive assistance.

6. Teams only: Did you receive a registration email to complete your registration?
 - i. If you answered "no," log-in to the **Progress Tracker** (the **BLUE** button on the upper left corner) and submit your weight or activity minutes. If you have not completed a registration, the system will prompt you to complete a registration. Or contact admin@lightenupnashua.org.