



DIRAUX 1SR's

March 2009

Fit Flotilla Challenge

Can you smell it? Spring is in the air. And you know what that means - soon enough we'll be digging out the shorts & t-shirts. Can you say swimsuit? Now that's a scary word!

I am glad to see we have a few brave men and women willing to accept the Fit Flotilla Challenge. What was that? You thought you were on the list? The dog ate the Fit Flotilla sign up sheet? You were snowed in and unable to make it to weigh in? Good news, we're willing to add you to the team. Just send your name, employee ID #, gender, age, height and weight to Karen Wagner by March 13th and we will still accept you into the program. All data is completely confidential and no weights will be posted, only the percentage of weight lost will be used.

Best of luck to all who have joined in the fun, looking forward to a fitter 1SR.

CDR Elizabeth D. Young

Our Teams...



DIRAUX

CDR Young
OTO Zambrana
Ed Petrie
Ben Strong

Flotilla 02-02:

William Anania
Phyllis Lindmeier
Steve Gilooly
Len Pampaloni
Tim Stack

Flotilla 02-03:

Rose Covert
Brian Crean
John Johnson
William Snell
E. Lee Ward

Flotilla 02-04

Bob DiCoreia
Glenn Mason
Pat Cipolla
Joe Antonaccio
Christina Antonacio

Flotilla 05-10:

Olga Bashkatove
Trevor Forde
Thomas Dalleva
Hank Wisner
Alden Rothe
Phoenix Ximinez

Flotilla 10-13:

Gus Formato
Charles Dilkes
John Malool
Antionette Magliano
Bruce Pugh
Lorraine Cannata
Anthony Lorene
Marge Korteweg
Michelle Rollino
Jeannie Castagna
Donna Formato
William Antoshkiw
Jeffrey Jones
Pegeen Jones

Flotilla 10-20:

Ruth Aoki
Afred Cioffi
Judy Dimaio
Ernest Ehling
Peter Hecht
Carlos Rodriguez
William Pritchard
Larry West

Flotilla 13-06:

Jeff Balcourt
Rich Capobianco
Joe Villafane
Carmine Palladino
Phil Caroleo
Brian Barretta
Alan Alterman
Barbara Solomon
Patty Sewell
Nancy Nesin

Flotilla 13-13:

Joe O'Leary
John Geiger
Joseph DeCarlo
George LeGuerre
Glenn Stafford
Andrew Bonanzinga
Miguel Long
Flotilla 14-04:
Joanne Barranco
Ronald Barranco
Elizabeth Lund
Michael Garone
Sal Musmeci
Sherry Kisver
Stephen Ackerman

Flotilla 20-03:

Pat Ferrante

Flotilla 18-06:

Vincent Pica
Lisa Etter
Michael Reichert
Gus Sarafin
Ed Tordhall
Jim Cornell
Debbie Cornell
George Nelson
Patricia Nelson
John Blevins
Kevin Osterberry
Fred Furnell
Lydia Sobasto

Flotilla 20-04:

Ken Smith
Grace Schoonmaker
Cliffo Schoonmaker
Damien Shannon
Jennie Fleck
E. Curtis Fleck
Ed Duffy

Next weigh in numbers are due to Karen Wagner at DIRAUX by April 6th, 2009.



Tip of the Month...

AUX Alan Alterman's co-workers participated in a similar contest. Here is one of the articles they used for their challenge. Some of this material is from the website www.biggestloserclub.com,

If you would like to contribute any articles for our newsletter, please send them to Karen Wagner at DIRAUX.

What's a Healthy Weight Loss Goal?

You may be wondering what your "ideal" body weight is. If you've surfed the Web to find out, you may have come across suggestions that you need to lose a seemingly impossible number of pounds to reach an ideal body weight. If you are very overweight, this figure can reach 50 to 100 pounds. Even if you look at target body mass index ranges, it may take a lot of weight loss to shift from the "obese" to "normal" category.

Ideal body weights are often determined based on height. Doctors used to advise patients to lose enough to reach their ideal weight. So a person who was 5-foot-eight-inches and 200 pounds might be advised to lose 50 pounds—25 percent of their body weight. Because such large losses were the goal, patients were often put on extremely strict, very low-calorie diets. Although massive amounts of weight could be lost for a short time, it often came back as soon as a person stopped the liquid diet or other extreme regimen that they were following.

Aiming for dramatic weight loss is problematic. First, it's a little self-defeating. If it's tough to [drop—and keep off—10 pounds](#), how does your psyche wrap itself around a goal of losing 50 or 100 pounds? Second, it may not be realistic to lose large amounts of weight right now. It takes a full-fledged commitment to changing your lifestyle long-term to lose the weight, then maintain that loss. If you don't have the time or motivation for an all-out effort, you may make a feeble attempt and then quit—and feel less motivated than ever.

Today, thankfully, more conservative and healthier approaches are popular. Baby steps are the way to go. A small, short-term weight-loss goal is realistic and achievable: You will get the results you aim for. And once you've lost a little, you can set a new, but still realistic and achievable goal. Over time, it is possible to lose large amounts of weight.

Rethink your expectations

When planning a weight loss program, the first step is to set a goal. But before you can do that, you may need to readjust your expectations. Some people who wish to lose large amounts of weight find small losses a disappointment.

A 1997 study in the *Journal of Consulting and Clinical Psychology* by obesity researchers at the University of Pennsylvania found that 60 obese women who underwent a weight-loss program hoped to lose around 32 percent of their body weight. (A 220-pound woman might aim for a 70 pound loss, for example.) The women's goal weights were nearly three times what they were actually able to lose over nearly one year on the program. Even though the women lost, on average, about 35 pounds—no small feat—they reported feeling like losing this amount of weight loss was not a success. They were even disappointed and unhappy with a 50-pound weight loss.

But any weight that is lost and maintained should be considered a big success—losing weight is not easy to do. Most people gain year after year, so even just maintaining current body weight—and preventing gradual weight gain—is an accomplishment. So throw out your visions of a Barbie doll figure or a Sylvester Stallone physique for now. That’s not to say that you can’t get there, but first you need to learn how to make healthful lifestyle diet and exercise changes fit into your daily life forever.

A realistic goal

Various research bodies—including the [American Dietetic Association](#), the [American Heart Association](#), and the National Institutes of Health, with its national obesity guidelines—recommend aiming for conservative weight loss of 5 percent to 10 percent of your current body weight. Not only is this achievable, overweight and obese people who can lose up to 10 percent of their body weight can see significant improvements in their health risks. For example, the [American Heart Association 2006 Diet and Lifestyle Recommendations](#) point out that even modest weight loss of just 5 percent to 10 percent can have a positive impact in diabetes risk and management.

Check out the charts below for examples of what it means to lose 5 percent to 10 percent of your current body weight:

Goal: Lose 5 percent of your body weight

<i>You Weigh</i>	<i>your target weight</i>	<i>you need to lose</i>
170 lbs	161 lbs	9 lbs
195 lbs	185 lbs	10 lbs
232 lbs	220 lbs	12 lbs

Goal: Lose 10 percent of your body weight

<i>You Weigh</i>	<i>your target weight</i>	<i>you need to lose</i>
170 lbs	153 lbs	17 lbs
195 lbs	175 lbs	20 lbs
232 lbs	209 lbs	23 lbs



How fast can you drop pounds?

Most guidelines recommend that you take up to six months to reach a 10 percent weight loss goal. That’s because, even if you can lose it fast, it’s easy to gain back once you go off your program. It’s better to lose a small amount and maintain it, than to lose and gain large amounts yo-yo style. When a person frequently loses and gains, each new dieting attempt takes longer to lose the same amount of weight, and it is more quickly regained. This may be the body’s way of preserving energy during what it senses as an energy-deficient state.

The [USDA Dietary Guidelines](#) recommend aiming for slow weight loss by eating fewer calories while maintaining an adequate nutrient intake and increasing physical activity. So aim to lose from one-half to two pounds a week—or, more commonly, one to two pounds a week—by reducing calories by 500 to 1,000 per day.