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Indiana State Department of Health

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Like so many people, you have made a resolution to lose weight in the New Year. Now what? Do you say “I can’t lose weight? I just don’t know where to start?” INShape Indiana has a plan and instructions for you.

Starting January 15, INShape Indiana will give you the ideas and support you need with its new “10 in 10” Challenge. By following the “10 in 10” Challenge, you can lose 10 pounds in 10 weeks and feel healthier doing it. No deciding which advertised quick-loss program to choose. No spending a lot of money on exercise equipment. No guessing about what constitutes healthy eating. If you follow the messages from INShape Indiana, you can lose those 10 pounds in 10 weeks, plus enjoy the adventure.

The approach to the “10 in 10” Challenge is to reduce caloric intake each day by 250 calories. The Challenge also includes some physical activity each day to burn an extra 250 calories. Eating 250 fewer calories and burning an extra 250 calories each day will result in 3,500 calories less each week! The 3,500 calories is equal to one pound, or one pound per week for 10 weeks.

One easy way to cut calories is to limit your intake of pre-sweetened beverages such as soft drinks, fruit juice, and iced tea and to avoid adding sugar to coffee and tea. Sweetened beverages can contribute lots of extra calories, without providing any nutrients.

Dieters may also want to avoid high-fat desserts and snack foods, as these foods pack lots of calories. Although it is tempting to switch to "fat-free" foods, be aware that these foods often contain a high amount of calories despite the fact that they don't contain fat.

Here are some examples of the energy expended by a 150-pound person in 30 minutes of continuous exercise:

Aerobics	200-250 calories
Bicycling, Stationary	250-300 calories
Bicycling, Actual	300-400 calories
Running, 5-6 mph	300-350 calories
Stair climber	200-250 calories
Swimming laps	350 calories
Walking briskly	150-180 calories

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To get started, just sign up at the INShape Indiana Web site at www.inshape.IN.gov. You'll receive a weekly message on how to reduce caloric intake by 250 calories a day and what activity can help burn an extra 250 calories each day. Take the "10 in 10" Challenge today. Log on to www.inshape.IN.gov, and keep your New Year's resolution to be healthier in 2007.

Although the 10 in 10 Challenge officially starts statewide on Monday, January 15, Hoosiers are welcome to join the challenge any time during the 10 weeks. Individuals who do not need to lose 10 pounds are encouraged to sign up for the Challenge to take advantage of the healthy tips and fun activities being offered.

