



GIVE YOURSELF THE GIFT OF HEALTH WHILE HELPING OTHERS

Scale Back | Give Back is a two-part weight management program designed to lose weight and keep it off. **Scale Back** is part one, a 60-day weight loss challenge. **Give Back** is part two, a six-month continuation of weight maintenance* or weight loss. For each pound of weight lost and successfully maintained through September 2019, ONI will donate one pound of food to a local food bank.

HOW IT WORKS

- 1 REGISTER: JANUARY 14 - 20**
Register as an individual or team up to four online at www.livesmartoni.com/scaleback or with your LIVESMART Ambassador.
- 2 GET STARTED: JANUARY 21 - 27**
Complete your Scale Back plan and record your initial weight in your LIVESMART portal OR using your Scale Back participant guide and paper tracker. To access the portal or learn how to register, visit www.livesmartoni.com/livesmart-portal
- 3 REPORT YOUR PROGRESS: MARCH 18 - 24**
Submit your final weight for Scale Back in your LIVESMART portal or record on your Scale Back weight tracker. If using your paper tracker, staple it shut and submit to your LIVESMART Ambassador.
- 4 CONTINUE YOUR PROGRESS: APRIL - SEPTEMBER**
Begin Give Back by continuing to maintain or lose weight for personal success. Report final weight online or via your paper tracker by September 30th.

STEPS FOR SUCCESS



TAKE THE PLEDGE

Commit to Scale Back by completing the pledge and establishing your action plan.



TRACK HEALTH

Focus on the weekly health challenge and track in your LIVESMART portal or using your paper tracker.



STAY ENGAGED

Follow along with weekly education emails and other resources to assist in your weight loss journey.

* Individuals who need to maintain weight will also benefit from program participation by following a healthy eating plan.

TAKE ACTION

My Pledge

For the initial 60 days, I commit to improving my eating habits, increasing my physical activity and supporting my team, friends and family in reaching our goals to improve health while losing weight. I understand safe and effective weight loss is approximately 1/2 pound to 1 pound per week with the ultimate goal of 5 to 10 pounds for the first two months. For the following six months, I commit to staying the course of healthy living by weighing once a month and providing a final weight. If weight loss is not my goal, I understand that I can still participate with a goal of maintaining my weight.

TO IMPROVE MY HEALTH I PLAN TO:

- 1** Lose _____ pounds in 60 days.
Continue to lose _____ pounds in 8 months.
{Talk with your health coach about what is realistic and healthy for you.}
- 2** Increase my activity to (check one):
 - 30 minutes per day
 - 30-60 minutes per day
 - +60 minutes per day
- 3** Improve my eating habits by (check all that apply):
 - Reducing sugar intake
 - Increasing fruits & vegetables
 - Reducing portion size
- 4** Identify a target daily calorie level per day _____ calories
{see next page for calorie suggestion}
- 5** Participate in daily activities for success (check all that apply):
 - Eat 5 or more servings of fruits & vegetables
 - Be active 60 or more minutes
 - Get 7-8 hours of quality sleep
 - Reduce sugar sweetened beverages & desserts to 1 serving a week
 - Drink 6 or more cups of water
 - Reduce fried food to 1 serving a week

SIGNATURE: _____ **DATE:** _____

MY GUIDE TO EATING WELL

To lose approximately one pound per week, women should consume 1200 to 1500 calories per day, and 1800 to 2000 for men. To maintain weight, women need to eat approximately 2000 calories per day, as compared to 2400 for men. Individuals should consult with their physician for more specific dietary advice. Based on your preferred calorie level, below is a list of the servings per day*.

	FOOD GROUP	SERVINGS	EAT MORE	EAT LESS
	NON-STARCHY VEGETABLES Serving = ½ cup cooked or 1 cup raw	WOMEN 3-4 MEN 5-6	Broccoli, Cabbage Carrots, Green Beans Lettuce, Spinach Tomatoes, Zucchini	Vegetables prepared with extra sauces & fats
	FRUIT Serving = 1 small piece or ½ cup fruit	WOMEN 3-4 MEN 4-5	Apples, Bananas Berries, Citrus Grapes, Melon Peaches, Plums	Fruit Juices Canned Fruits in Syrup
	GRAINS Serving = ½ cup cooked rice, pasta, barley 1 slice of bread Roughly 1 cup of whole grain cereal	WOMEN 5-6 MEN 8-9	Brown Rice Oatmeal Pasta, Corn Sweet Potato Wild Rice Whole Grain Bread Whole Grain Cereal	Cereal, Cookies Packaged Crackers Pasta, Pastries Sugary Cereals White Rice White Bread
	DAIRY Serving = 1 cup milk 6 oz yogurt 1 oz. cheese	WOMEN 2 MEN 3	Cottage Cheese Greek Yogurt Low Fat Milk String Cheese	Full Fat Dairy Sugary Yogurts Canned or Heavily Processed Cheese
	PROTEINS Serving = 1 oz. of poultry, fish, or lean meat 1 tbsp peanut butter 1 egg ½ oz. of nuts ¼ cup dried beans	WOMEN 4-5 MEN 6-7	Chicken, Cheese, Eggs Beans and Peas Fish or Seafood Ham, Lean Beef Lean Pork, Nuts Nut Butters Turkey	High Fat Meats Processed Meats such as sausage, bacon and hot dogs
	OILS AND FATS Serving = 1 tsp oil 1 tbsp salad dressing	WOMEN 4-5 MEN 7-8	Avocado, Butter Black Olives Nuts, Nut Butters Olive Oil Salad Dressings	Creamy Salad Dressings Hydrogenated Oils Lard/ Shortening Margarine Mayonnaise

*The information found in this guide does not take the place of the advice from your health care provider.

SCALE BACK | GIVE BACK SUCCESSES



JEFF BECKNER

O'NEAL MANUFACTURING SERVICES
INDIANAPOLIS, IN

The Scale Back | Give Back campaign came at the right time for me after a major health scare. Over the course of the campaign, I dropped around 70 pounds and 5 pants sizes through healthier food choices and swimming more. My daughter was my initial support system but the entire Indianapolis plant became my second support group!

JENNIFER ELROD

O'NEAL STEEL
BIRMINGHAM, AL

Scale Back | Give Back complimented the weight loss goals I had set for myself in 2018 and gave me more motivation to continue. My husband, daughter and I changed our entire lifestyle, including the way we shopped at the grocery store. Overall, I have lost over 60 pounds and 12 pants sizes but more importantly, I gained energy and confidence that I haven't had in years!

Read their full stories at www.livesmartoni.com/livesmart-spotlights



2,888 POUNDS LOST & GIVEN

TW Metals in Los Angeles lost and gave back 104 pounds of the nearly 3,000 pounds lost by O'Neal Industries family of companies. Because of your success we were able to donate to the victims of the hurricanes that devastated North Carolina and Florida.

MORE INFORMATION & RESOURCES

Visit
www.livesmartoni.com/scaleback
for suggested apps & recipes.

Questions?
888-501-1252
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