

WELCOME TO MAINTAIN DON'T GAIN (MDG) (6 Week Maintenance Guide)

Hello MDG Challengers!

Congratulations...you successfully made it through LOSE 2 WIN Transformers. We hope you have transformed your mind, body, and spirit over the last 12 weeks. We want to keep the momentum going. If you're still with us, you are rocking it! We are so proud of you! Even if you did not complete every challenge you **MAINTAINED!** Maintaining is not just about not gaining weight, it also means maintaining our motivation, persistence, and desire to continue this lifelong health journey. We've given you tools to be successful, now it's time to make it your own.

MIND/Spiritual Challenge:

The mind is the beginning of everything...our thoughts and actions. Therefore, it is important to "feed" it positivity. Over the next 6 weeks, we will focus on reading encouraging scriptures. Each week we ask that you meditate on the scripture. Use the verse to meditate on to get you through the week. We encourage you to pray and meditate on it daily. Ask God how it applies to you in this season of your life. We have also linked the smiling minds app to help you with taking care of your mental health.

BODY/Exercise Challenge:

Each week of the challenge will have a fitness focus. There are various levels of fitness, with each challenge modify to meet your personal fitness level. During the week you can repeat the sets 3-4 times to get the maximum impact. Week 1 is arms week, we are asking that you work through the plan Monday through Friday. Week 2 is core week, to improve your balance and stability. Week 3 is legs week to support healthy movement in your life. Weeks 4-6 are the beginning of a walk to run challenge, to support a healthy heart. There will be **NO ZOOM WEIGH** in during this challenge, we ask that you weigh yourself each week, we've designated Saturdays on the calendar. A weight tracker is provided on page 4 for your personal use.

BODY/Nutrition Challenge:

We have set up some nutrition challenges throughout each week. Based on the calendar, you may be challenged to drink water, eat fruits and/or vegetables, or even limit your sugar intake. Each challenge is noted on the calendar daily. There are some hyperlinks provided on certain days to help you better understand how to complete the challenge.


******Use the links at the top of the calendar to locate information for the arm, leg, core, walk-run, and meditation activities******

Arm Week: <https://pin.it/ULio0c9>
Leg Week: <https://pin.it/68iwta1>

Core Week: <https://pin.it/4LakJ1v>
Walk to Run: <https://pin.it/1ssnBu0>

Meditation: [Smiling Minds App](#)

June 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 REST Memory Verse Romans 8:28	6 Meditation Arm Week	7 No processed food Arm Week	8 64oz of water Arm Week	9 6-7 serving of fruits/vegetables Arm Week	10 No carbs/Low carb Arm Week	11 Weigh Yourself!!! Hike @8:00 Place TBD
12 REST Memory Verse James 1:4	13 Meatless Core Week	14 Whole foods Core Week	15 Meditation Core Week	16 Sugar free Core Week	17 64oz of water Core Week	18 Weigh Yourself!!!
19 REST Memory Verse 1 Cor. 9:24-25	20 6-7 serving of fruits/vegetables Leg Week	21 Eat lean protein Leg Week	22 No carbs Leg Week	23 64oz of water Leg Week	24 Meditation Leg Week	25 Weigh Yourself!!! Hike @8:00 Place TBD
26 REST Memory Verse Isaiah 43:19	27 64oz of water Walk to Run Challenge	28 Meditation Walk to Run Challenge	29 No processed food Walk to Run Challenge	30 Meatless Walk to Run Challenge	 <p>Today is your opportunity to build the tomorrow you want. <small>—KEN POIROT</small></p>	

Weight Tracker

Date	Previous Weight	Today's Weight	Pounds lost/gained

FREQUENTLY ASKED QUESTIONS (FAQS)

Q. What Bible version do I use for the memory verses?

A. Feel free to use whichever version you like most.

Q. What if I prefer to rest on Saturday or a day during the week?

A. You can select any day that works best for your schedule to rest on.

Q. What if I don't have a Pinterest account to view the exercise charts?

A. Check the Stone Lose to Win website (<https://www.stonelosetowin.com>) to view the information in a different format.

Q. Will we still use the Wellness Tracker?

A. No, we have attached a weight tracker on page 4 and encourage you to continue tracking your weight loss.

Q. Will there be prizes awarded during the Maintain Don't Gain time frame?

A. No, we will not offer prizes for this portion but meeting and exceeding your health goals is the best prize.

Q. What if I have certain diet restrictions and can't follow the food and drink recommendations? (Ex. Diabetic, vegetarian, Keto diet)

A. The options on the calendar are just some daily suggestions. You can personalize the calendar to fit your specific health needs.

Q. What if I can't make the group hikes?

A. The hikes are meant to offer fellowship, change up the exercise routine, and keep us connected. If you can make it great and if not catch us on the next one.

Q. I have my own routine meditations. Do I need to use the one provided on the calendar too?

A. Smiling mind is a great app to try, but you are welcome to use any meditation of your choosing,

Q. There is a walk to run challenge on the calendar that lasts for 3 weeks. What if I am just not a runner and/or I have health restrictions that prevent me from running? (Ex. Back or knee pain)?

A. Do what works best for your health and fitness levels. You can also modify the workout or add weights (wrist, ankle, weighted vest) to add some resistance while still walking instead.

Q. Will the Saturday weigh-ins still be done via Zoom?

A. We will no longer do formal Zoom weigh-ins but we encourage you to continue to weigh yourself weekly to stay on track for success.

Q. Do I have to follow the food and drink suggestions? (Ex. No processed food, sugar-free, smoothies)

A. The options on the calendar are meant to offer a wide range of suggestions to maintain a healthy lifestyle. Try them out and then add them to your own calendar if you choose to.

Q. I tried but the exercises on the calendar are too hard and/or they are not challenging enough. What should I do?

A. Use the exercises we gave as examples. Modify them for your fitness level and you can utilize YouTube and Pinterest for many other great workout options.

Q. Do I have to follow the weekly exercise order? (Ex. Arm week and core week)

A. The exercises on the calendar are just suggestions to keep you in a routine of working out. You are free to use them and/or create your own weekly routine. The important thing is not to stop working out just because the group journey has ended.

Q. Can I invite a friend to participate?

A. No, this challenge is for the people who participated in the transformer challenge.