



## ***Lose it to Gain it - What do I need to Lose in order to Gain greater health and energy?***

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### **Background Leading to My Inquiry (Slide 3)**

Since entering Administration 8 years ago, I have steadily increased in weight and developed unhealthy eating habits. On a daily basis, I grab whatever I can whenever I can without thinking about what or how much food I am putting in my body. Many days there seems to be not enough time for breakfast or lunch and I go without. I then find myself exhausted in the evenings and overeating at dinner time. In addition, with the stressful schedule of being an administrator, I have not taken the time to exercise regularly. I am aware that my PCM Base and Phase both fall under being a Promoter. Keeping this in mind, I will use some of the recommended constructive ways to meet this Promoter Phase needs such as challenging goals, competition and taking healthy risks.

### **The Purpose of My Inquiry (Slide 4)**

Therefore, the purpose of my action inquiry is to become a more energized, healthy and an effective educational leader.

### **My Wondering (Slide 5)**

With this purpose, I wondered what would happen to my energy, health and effectiveness as an educational leader if I change the way I eat and exercise?

### **My Actions (Slide 6)**

I laid out a plan to eat a clean [calorie deficit diet](#) to lose weight. I also put a schedule together to exercise 5 days a week rotating strength and conditioning. Commitment to stick to the plan, not eat out, reduce cola and caffeine intake. I shared these my goals with my family and together we planned how we could all support Dad to get healthy. My family also subscribed to Beachbody in home workout videos and began the journey to greater health and energy.

### **My Actions Continued (Slide 7)**

3 weeks in, the typical **demotivation** started to kick in that has often been the downfall of my attempts at greater health and fitness in the past. I knew I had to do something different if this was going to be sustainable and real lifestyle change. Learning about my PCM Leadership Profile, I incorporated my **Phase Motivators and Motivational Needs**. In particular, Competition, Rallying support, Inspiring groups to join together, creating a buzz and seizing the opportunity. I shared with my Superintendent and Assistant Superintendent my goals. We began meeting each workday to get a set of **Push-ups and Ab rollers**. We tracked our progress and competed. My two high school boys and I love to play pick-up basketball, but often cannot find youth their age to compete against. Together we organized a **basketball league** with 6 weekend games for both youth and mens teams in the Mooresville, Plainfield, Avon and Brownsburg areas. We began to practice and play regularly incorporating exercise with competition.

### **Data Collection (Slide 8)**

I collected data through several methods

- Overall Weight measured weekly
- Overall Waistline measured weekly
- Number of Push-ups I could do without stopping measured weekly
- Number of Ab rollers I could do weekly without stopping
- Family before and after survey
- Journaling weekly

### **My Data (Slides 9&10)**

Display charts and graphs of Quantitative data

### **My Data (Slide 11)**

Display quotes from Quantitative data

### **My Discoveries (Slide 12)**

So far, 3 Discoveries I've made by reading through my data are:

(1) Losing negative health habits and replacing them with positive ones must be connected to my PCM motivators in order for me to sustain the changes long term

(2) Sharing lifestyle change goals with those who care about you can create a system of support needed for long term change

(3) I am happier, healthier and more effective in my work when I consistently eat healthy and exercise

Restatement of Learning Statement (1): My personal PCM motivators helped me add activities at week 3 as I worked to sustain positive change long term.

Restatement of Learning Statement (2): I was able to make significant gains when I shared my lifestyle change goals to create a system of support with people who cared about my success.

Restatement of Learning Statement (3): Though my Journaling and interviews with others, I found an increase in my happiness and effectiveness both in work and at home related to my choices to eat healthy and exercise.

### **Where I Am Heading Next (13)**

I plan to continue with regular AM and PM workouts, continue with a calorie deficit diet (I got more weight to lose), push-ups and abs and weekend basketball. These workouts will all be done with family and friends. I will continue to track my weight, waistline, number of push-ups and Abs I can week on a weekly basis. I plan to continue with regular Journaling to reflect on the impact I have as an educational leader. I will continue to revisit my PCM motivators to ensure I am meeting the motivational needs in order to sustain long term success.

### **Bibliography (14)**

Dana, N. (2009). Leading with Passion and Knowledge: The Principal as Action Researcher. A Joint Publication with the American Association of School Administrators.

Regier, N. (2020) Seeing People Through: Unleash Your Leadership Potential with the Process Communication Model. Penguin Random House Publishers Services.

# Lose it to Gain it!

*Decatur Middle School*

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# Background Leading to this Inquiry

*Since entering Administration 8 years ago, I have steadily increased in weight and developed unhealthy eating habits. On a daily basis, I grab whatever I can whenever I can without thinking about what or how much food I am putting in my body. Many days there seems to be not enough time for breakfast or lunch and I go without. I then find myself exhausted in the evenings and overeating at dinner time. In addition, with the stressful schedule of being an administrator, I have not taken the time to exercise regularly. I am aware that my PCM Base and Phase both fall under being a Promoter. Keeping this in mind, I will use some of the recommended constructive ways to meet this Promoter Phase needs such as challenging goals, competition and taking healthy risks.*

# Purpose of this Inquiry

*Therefore, the purpose of my inquiry was to become a more energized, healthy and an effective educational leader.*

# My Wondering

*I wondered what would happen to my energy, health and effectiveness as an educational leader if I change the way I eat and exercise?*



# My Actions

- ❑ **Intentional Calorie Deficit Meal Plan**
  - ❑ Based on Age and Weight
  - ❑ Goal to lose 1lb per week and to sustain loses
- ❑ **Eat Homemade Lunches Every Workday**
  - ❑ No eating out
  - ❑ Stick to only eating what I bring
- ❑ **Workout Videos**
  - ❑ 30 minute workouts 5 days a week at home with family

# My Actions/Adjustments

**Rationale to make Adjustments:** I began to get demotivated 3 weeks into the process. I recognized that I needed to make additions/changes based on my PCM motivators

## **My Actions/Adjustments:**

- Added Push-ups and Abs with Superintendent and Assistant Superintendent 5 days a week - Competition
- Created a Saturday Mens and Teenage Basketball League with my three boys - Family and Competition

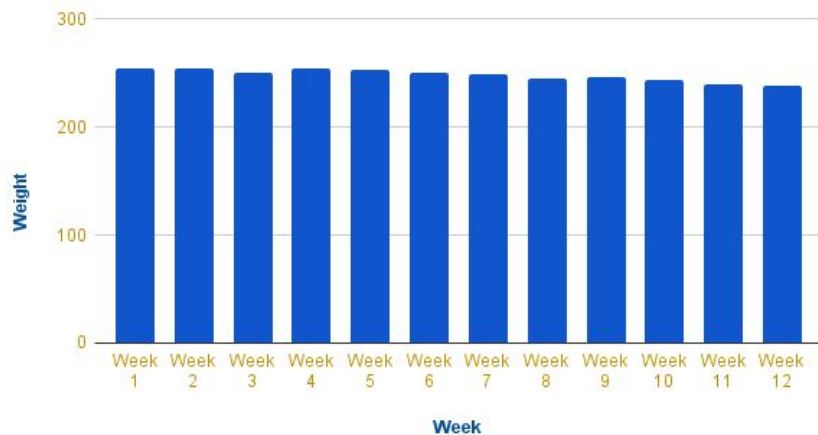
# Data Collection

I collected data through several methods:

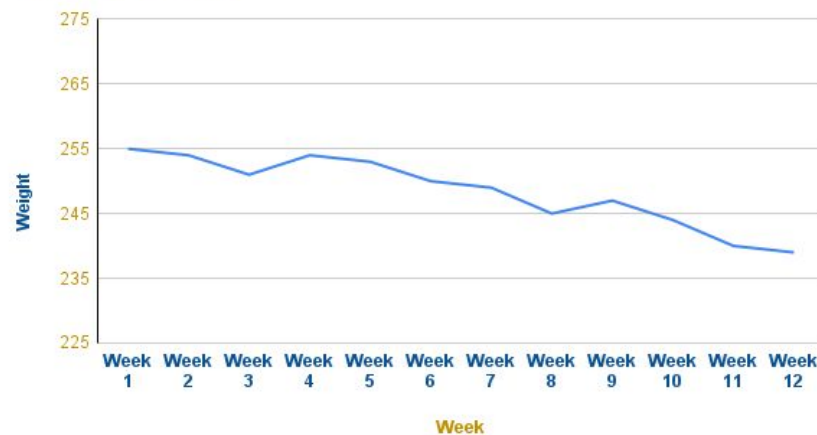
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- Number of Ab rollers I could do weekly without stopping
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- Journaling weekly

# My Data

## Weight vs. Week



## Weight vs. Week

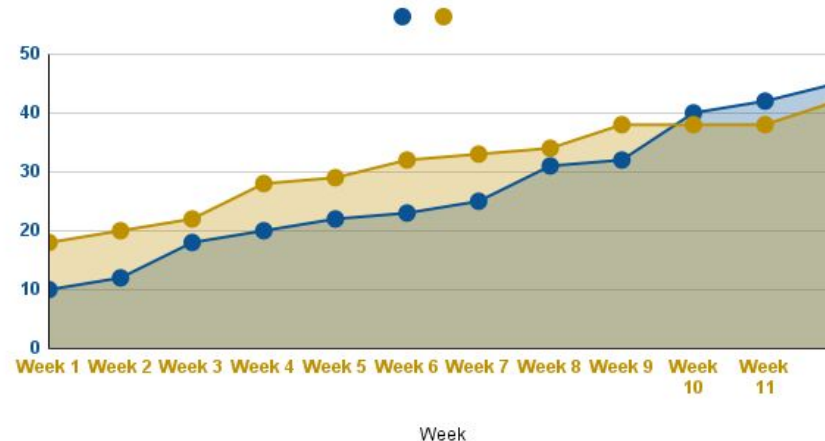


# My Data

## Waist Line in Inches



## Abs and Push-ups



# My Data - Journaling

*“I feel more energetic at work and at home.” - Nehring Jan 2022*

*“I have a long way to go.” - Nehring Feb 2022*

*“I am glad we are doing these push-ups and abs everyday we can here at work.” - Co-worker, Feb 2022*

*“Basketball is so much fun. Thank you for organizing this for us.” - Emerson, 17 year old son, Feb 2022*

*“It is incredible to see how far we have come in doing abs and push-ups.” - Co-worker, Mar 2022*

*“I reached my goal of eating less than 2000 calories, reduced my caffeine and cola drink intake.” - Nehring, Jan 2022*

*“Dad, its seems like you are losing some weight.” - Hailey, 12 year old daughter, Mar 2022*

*“I notice that feel less pain in my lower back.” - Nehring, Mar 2022*

# Discoveries

**So far, 3 Discoveries I've made by reading through my data are:**

- (1) Losing negative health habits and replacing them with positive ones must be connected to my PCM motivators in order for me to sustain the changes long term**
- (2) Sharing lifestyle change goals with those who care about you can create a system of support needed for long term change**
- (3) I am happier, healthier and more effective in my work when I consistently eat healthy and exercise**



# Where am I Heading Next

- ❑ I plan to continue with **regular** AM and PM workouts, continue with a calorie deficit diet (I got more weight to lose), push-ups and abs and weekend basketball
- ❑ These workouts will all be done with **family and friends**
- ❑ I will continue to **track** my weight, waistline, number of push-ups and Abs I can week on a weekly basis
- ❑ I plan to continue with regular **Journaling** to reflect on the impact I have as an educational leader
- ❑ I will continue to revisit my **PCM motivators** to ensure I am meeting the motivational needs in order to sustain long term success



# Bibliography

**Dana, N. (2009). Leading with Passion and Knowledge: The Principal as Action Researcher. A Joint Publication with the American Association of School Administrators.**

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