

Biggest Loser  
Week 2  
January 22, 2010  
Notes

WELCOME ALL TEAMS!!!!

Congratulations~ teams that reported lost a total of 208.35 pounds since initial weigh in. No teams gained weight!

Weekly Drawing Winners: (Gift cards in the mail) The 2 teams that won the drawing for emailing weekly weight are B2 (B. Gauthier, C. Pacioni, & H. Palmer) and Junk in the Trunk (K. Widener, J. Tropea-Murphy, & C. Joss).

Weekly weight report ~ Please email me your team name as well in your email. It is easier for me on my tracking system. Next weigh in is Friday, January 29 by 5:00 to be included for drawing.

Please pass on any specific workout routines, recipes, etc. that helped you lose the weight!

- The Healthy Heritage Hornets passed on [www.mapmyrun.com](http://www.mapmyrun.com). This site will tell you how long a distance your run/walk is. **Thanks for sharing!!!!**
- Team C.A.B. shared the website [freeweightloss.com/diettips.html](http://freeweightloss.com/diettips.html). **Thanks!**

**Fun in the Snow Activities (From Self Magazine)**

- Sledding for 2 hours can burn up to 902 calories (based on 135 pound woman)
- Ice skating for 45 minutes can burn up to 339 calories
- Spending an hour building a snowman can burn up to 285 calories

**SELF Challenge 2010 kicks off February 18. This is a free tool for weight loss, eating, and exercise. Go to Self.com**

Top 3 team's percentage of weight lost for this week. To be included in this you have to have reported the week before so the numbers are accurate.

- Chubby Hubbies(N. Chamber, G. Mandziara, & J. Webster) - .91%
- Team Cullen (N. Montgomery, C. Dombroski, & D. Rudzinski)- .78%
- Blame It on the Thyroid (M. Ostrom, M. Lemley, & R. Byron)- .77%

The top team from the group that recently joined is Get that Gut. They lost 1.53%.

**KEEP UP THE GREAT WORK CHANGING YOUR LIFE!  
EMAIL ME WITH ANY QUESTIONS REGARDING THE COMPETITION.**