



Biggest Loser



Weekly Note
January 8, 2010

Hello Biggest Loser Contestants,

I am so happy that you have joined the Staywell Biggest Loser Challenge. A big thank you to all of you for registering on time. I hope that you are ready for the Challenge and excited to get healthy together!

I will be sending emails to the captains here and there with weekly updates, etc. I would appreciate if the captains then forward on to your team. As always if you have questions or comments please email me at tamra.clark-moore@uticak12.org.

Even though the contest has "officially" begun I would like to let you know that I am continuing to register teams until next Friday. Please challenge colleagues and friends to join. More teams have told me their registration is in the mail, but I am hoping for more teams! This is a great way to get healthy, challenge each other and yourself, and have fun. We will have drawings for weekly prizes, prize winning money, and drawings at the end for other prizes. If you are a returning contestant I hope that you enjoyed yourself last year and can tell others how this challenge helped you get healthier!

Please send me an email by 5:00 on Friday, January 15 with your team name and the amount your team gained or lost. The teams that join late will just start a week later.

Have a healthy week!

Tami

