

Biggest Loser
Week 5
February 12, 2010
Notes

Hope everybody had a relaxing break...I am sure it was very well deserved!

Congratulations~ teams that reported lost a total of 397.5 pounds since initial weigh in.

Weekly Drawing Winners: (Gift cards in the mail) The 2 teams that won the drawing for emailing weekly weight on time are Two Gals & an Overweight Guy (D. Thompson, L. Schepper, & S. Furtah) and Team Bootylicious (M. Merza, J. Vulcano, & C. Cunningham).

Weekly weight report ~ Next weigh in is Friday, February 26 by 5:00 to be included for drawing.

Things to do...brag about you, email me a song, send in a recipe, and share your health secrets! Thank you to the teams that have sent things. Want to compile more and send out all together.

Check out the website www.runmichigan.com to sign up for a walk or run. Set a goal for yourself or join Team UEA 4-A-Cure as we Race for the Cure on May 22, 2010 to walk or run!

Top 4 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 1.07% (N. Chamber, G. Mandziara, & J. Webster)
- ❖ Fat Guys in Little Coats .42% (S. Barel, T. Andrus, & R. Osmond)
- ❖ Blame It on the Thyroid .38% (M. Ostrom, M. Lemley, & R. Byron)
- ❖ Junk in the Trunk .38% (K. Widener, J. Tropea-Murphy, & C. Joss)

I know it was hard to stick with exercise routine and healthy eating habits over break...hope that you have a good week. Remember to keep track of bonus points.

Have you gained weight at some point during the challenge? I am collecting canned food items that will be donated to the Samaritan House. Since there were not a lot of teams/people that have gained weight I did not have a collection site on February 12. However, it would be greatly appreciated that if *individuals* have gained weight during any of the weeks to please send me a canned food item through inter-school mail. I said *individuals* because if it were team weights then we would have very few items. You are all doing such a great job I know individually we will not have many items to donate ☺

EMAIL ME WITH ANY QUESTIONS REGARDING THE COMPETITION