

Biggest Loser
Week 8
March 12, 2010
Notes

The end is almost here. Hope that you continue to take part in the challenge and find healthy ways to change your life.

Congratulations~ teams that reported lost a total of 491.4 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 Chubby Hubbies (N. Chamber, G. Mandziara, & J. Webster) and Yes, We'll Have Fries with That (G. Jesko, M. Joseph, & J. Anderson)

Weekly weight report ~ Next weigh in is Friday, March 19 by 5:00 to be included for drawing.

Ultimate UEA Staywell Challenge begins March 22-April 25. This is a great way to continue your healthy habits. Get your team together and sign up.

Continue with your healthy habits and sign up to walk or run a 5K in The Race for the Cure on May 22. Join Team UEA 4-A-Cure!

Visit www.fitnessmagazine.com/abfab for an Abs-olutely fabulous ab workout.

Remember to keep track of your bonus points. You will send in point sheets at the end.

Please send in your canned good if you gained weight. Remember donated cans will go to the Samaritan House.

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. Overall percentage of weight loss will be determined at final weigh in.

- ❖ Fat Guys in Little Coats .72%(S. Barel, T. Andrus, R. Osmond)
- ❖ Chubby Hubbies .55% (N. Chamber, G. Mandziara, & J. Webster)
- ❖ Broad Broads .52% (L. DiPirro, K. Koteles, & J. Mocerri)

Biggest Loser Contest Ends March 26!

EMAIL ME WITH ANY QUESTIONS REGARDING THE COMPETITION