

Biggest Loser  
Week 7  
March 5, 2010  
Notes

Don't give up...lean on each other to continue this journey...even when times are tough!

Congratulations~ teams that reported lost a total of 435.95 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 The Downsizers (S. Bommarito, K. Abel, & C.Petras) and Three Blondes (K. Rechtzigel, A. Bollinger, & K. Lavery).

Weekly weight report ~ Next weigh in is Friday, March 12 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.

Check out your On Demand...there are several work-out videos available for free!

5 Ways to cut calories...

1. Get enough sleep ~ A lack of sleep can make you snack.
2. Don't clean your plate ~ Leave 25% of your food on your plate.
3. Kick the soda habit ~ Drink water or flavored water instead.
4. Use smaller plates ~ Swap 12-inch plates for 10-inch plates.
5. Check the number of servings in a dish ~ Check the amount of per servings and how many servings are in front of you.

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

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.

- ❖ B2 1.35% (B. Gauthier, C. Pacioni, H. Palmer)
- ❖ Fat Guys in Little Coats .71%(S. Barel, T. Andrus, R. Osmond)
- ❖ Broad Broads .60% (L. DiPirro, K. Koteles, J. Moceri)

Biggest Loser Contest Ends March 26!

**EMAIL ME WITH ANY QUESTIONS REGARDING THE COMPETITION**  
**Also send me your canned goods if you have gained weight ☺**