

**Biggest Loser
February 6
Week 4 Notes**

Congratulations ~ As of Friday, February 6 teams have lost a total of 688.9 pounds since the beginning of the challenge. Many teams have not reported so know we lost more!

Weekly Drawing Winners: (Gift cards in the mail)

- Crissman Team (Soon to Have 6 Pa ks) ~ Courtney Conley, Mike Sikorski, and Jami Woods.
- 7 ate 9 ~ Melisa Watson, Jennifer Paslean, and Maureen Langenderfer of Wiley.

Remember to weigh in Friday, February 13. Do not report Friday during mid-winter break)

Any questions please email Tami at tamra.lark-moore@uti.ak12.org

*Weekly Challenge for Week 5
No fast food for the week*

**Thanks to the Biggest Loser Contestants that attended
Heart Health & Nutrition**

Pamela Pisha, Lisa DiPirro, Karrie Koteles, Sue Duda, Beth Miller, Debbie Weiker, Jennifer Kaufflin, myself, and Leslie Montgomery (co-organizer of event)

Here are some facts from the presentation:

- ❖ Heart disease and stroke are the No. 1 and No. 3 killers of women over age 25.
- ❖ Cardiovascular disease, including stroke, claims nearly twice as many women's lives as all forms of cancer.
- ❖ 64 percent of women who died suddenly of coronary heart disease had no previous symptoms.
- ❖ 1 in 3 adult women in the US currently suffers from some form of cardiovascular disease.

Visit americanheart.org for more information

**Remember to join team UEA 4 A-Cure
Susan G. Comen Walk For the Cure
5K Run, 5K Walk, 1 Mile Walk
May 30**

**Make it a health goal to participate in run or walk
Contact tamra.lark-moore@uti.ak12.org for more info**

Visit www.ueastaywell.org for Biggest Loser past notes, other health information on upcoming events, and personal health journeys.