

We Are Nearing The Finish Line

Biggest Loser

February 27, 2009

Congratulations ~ As of Friday, February 27 teams have lost a total of 821.4 pounds since the beginning of the challenge. This week only 16 teams reported. Hopefully on Friday all teams will report so we know exactly how much we lost!

Weekly Drawing Winners: (Gift cards in the mail)

- ❖ BLT's ~ Sue Degnan, Cec Isabel, and Pam Ryder of Switzer
- ❖ Fat Guys in Little Coats ~ Sean Barel, Tony Andrus, and Jeff Olson of Schwarzkoff

*Weekly Challenge for Week 8
Limit Carbohydrate intake to 2 meals*

Biggest Loser Just Finish Gift Card Winners

Sarah Sitarski-Rice of Henry Ford

Denise Francis-Keith of DeKyser

Thanks for logging on to chat

All teams ~ Please send me pictures of yourself and show your personal transformation and how your dedication to health has paid off. Give us a before and after picture!

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

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.clark-moore@uticak12.org for more info