

**Biggest Loser**  
**February 13**  
Week 5 Notes

**Congratulations ~ As of Saturday, February 14 teams have lost a total of 768.9 pounds since the beginning of the challenge. This week only 18 teams reported...so I know more weight was lost.**

**Weekly Drawing Winners: (Gift cards in the mail)**

- ❖ Shrinking Scholars ~ Angelique Greer, Nancy Nichols, and Larry Wilk of Eisenhower
- ❖ Slip 'n Sliders ~ Michelle Goodman, Cathy Koss, and Tami Moore of Switzer (I donate my gift card to the Biggest Loser Just Finish raffle so there will be 2 gift cards to win...see below)

*No weigh in during break. ENJOY YOUR TIME OFF!*

*Weekly Challenge for Week 6*  
*Exercise at least 3 times during the week*

*Weekly Challenge for Week 7*  
*No candy/sweets for the week*

## **please Join**

Check out UEA Staywell and Biggest Loser on Just Finish!

[http://www.justfinish.com/group/uea\\_staywell](http://www.justfinish.com/group/uea_staywell)

Chat with other UEA Members and UEA Biggest Loser Challengers.

There is a specific Biggest Loser forum.

If you join the forum by 2/27 you will be entered into a Biggest Loser drawing.  
2 gift cards to win

I am looking for volunteers to submit pictures of yourself and show your personal transformation. Give us a before and after picture!

The Staywell committee is also looking for volunteers to submit your "Wellness Journey" to share on the UEA Staywell website. I may ask teams or individuals personally.

Visit [www.ueastaywell.org](http://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](mailto:tamra.clark-moore@uticak12.org) for more info