

FALL 2008 Biggest Loser Week 2: 9/24

place	Team Name	lbs +/-	% +/-
1st	FLAB U LESS 4	-25.6	-3.10%
2nd	SHRINKY DINKS	-12.2	-2.38%
3rd	FRESH SQUEEZED	-9.6	-1.62%
4th	JUST DO IT, DON'T WEIGHT	-6	-0.88%
5th	PSYCHO INDIANS	-6.9	-0.87%
6th	FOUR HUNGRY GIRLS	-4.4	-0.55%
7th	WEIGHT NO MORE	0	0
8th	WANNA-BE MINI-ME	0.6	0.11%
9th	FROM FAT TO FLAT	2.2	0.29%

Total pounds lost -61.9

Are you working out on campus?

There are several of your co-competitors working out on campus! Join them!

- Jane Stiles works out in the Wellness Fitness Center on Mondays and Wednesdays from 4:30-5:30pm and does a water workout in the pool on Tuesdays and Thursdays from 4:30-5:30pm.
- Josie Silva, Abby Corona, and Monica Colon all talked about doing a noon walk around campus. If you would like to walk at noon, meet at the clock tower to join your "Biggest Loser" teammates.
- Jorge Villalobos is working out in the WFC from 6:30-7am. If you are a morning person join him in the WFC!!! Morning workouts are great.
- Patti Waterman teaches a Water Aerobics class on Tuesdays and Thursdays from 9-10am. Although the class is very full, I am sure she could make room for you if you would like to try out water aerobics!
- Mary Cortmyer and Peggy Richardson are talking about walking in the late afternoon/early evenings on Mondays and Wednesdays, if this is a good time for you to walk send them a message.
- Judy Gervasio would like to start going to the WFC M-Th 4:30-5:30pm. This seems to be a popular time for many of you! Workout together!

10,000 steps a day!

A great way to increase your daily activity is to purchase a pedometer. You can pick one up at Target for less than \$10. Pedometers measure how many steps a day that you take. You should be taking 10,000 steps a day!!! This is a great motivator to move more throughout the day.

Are you doing your Cardiovascular workouts at the correct intensity?

A great product to help you understand your cardio heart rate intensity is a Polar Heart rate Monitor. You can pick one of these up at Target or any sporting goods store (about \$50). With this product you wear a strap around your chest that transmits your heart rate to a wrist watch. You can set the monitor to beep at you if you are below or above your target heart rate. This is a great training tool and it is almost like you have a personal trainer with you telling you to speed up or slow down when needed.

How do I calculate the "Biggest Loser" weight loss?

The calculations are based on the percentage of weight that you lose. Example:

1st weigh in= 200lbs

Final weigh in= 176lbs

Lost a total of 24 pounds for a weight loss percentage of 12%

*If you do not weigh-in, your weight change for the week is recorded as zero.