

FALL 2008 Biggest Loser Week 4: 10/8

place	name	lbs +/-	% +/-
1st	FLAB U LESS 4	-27.2	-3.30%
2nd	FAT PACK	-26	-3.24%
3rd	SHRINKY DINKS	-15.8	-3.08%
4th	WEIGHT NO M ORE	-18.75	-2.57%
5th	FRESH SQUEEZED	-10.2	-1.72%
6th	JUST DO IT, DON'T WEIGHT	-10.2	-1.49%
7th	PSYCHO INDIANS	-11.2	-1.41%
8th	WANNA-BE MINI-ME	-6.4	-0.98%
9th	FOUR HUNGRY GIRLS	-2.8	-0.35%
10th	FROM FAT TO FLAT	2.8	0.37%

Total Pounds Lost -125.75

How does the Body Fat scale work?

Many of you have asked for information about the scale that we are using. I attached a document with information about how the scale estimates body fat%, water %, and bone weight. Please review the document titled "Tanita Innerscan Body Composition Monitor"

What is your appropriate weight?

There are many ways to assess what your body weight/size should be. You can look at your BMI which is your Body Mass Index, you can look at your waist-to-hip ratio, or you can assess your percent Body Fat. There is a website that is very easy to use and gives you a good idea of where you stand with your body weight distribution. I attached PDF's of the website, www.dietician.com Review the documents titled "Healthy Body Calculator"

How much activity do you need?

See attached document from the Center for Disease Control for information on the amount of activity you need.

Would you like to know how Fit you are?

Review the attached document from the government titled "Adult Fitness Tests" booklet with information on how to perform several fitness tests to determine how Fit you are.

Would you like to learn about water exercise?

TEAM LIFE is offering an instruction in aqua exercise on October 28th between 4:30-6pm, stop by the pool to learn!

How about a lunchtime walk and healthy snacks?

October 22nd join TEAM LIFE for a lunchtime fun walk. Join your c-workers for a walk, health education & a healthy lunch.

PALOMAR COLLEGE
Caring for the community

REMINDER....

MAKE SURE TO WEIGH-IN!!!!!!!!!! SEVERAL OF YOU MISSED THIS WEEK!!!!!!!!!!