

FALL 2008 Biggest Loser

Week 7: 10/29

MARK YOUR CALENDERS...

November 19: The "Biggest Loser" Fall 2008 End of competition Banquet! 12:00 noon in the Staff/Faulty lounge. We will have awards for the 1st, 2nd, and 3rd place team and an award for the male and female Biggest Losers! There will also be some healthy snacks served.

**3 more weigh-ins till the end!!!
11/5, 11/12, final weigh-in 11/19**

place	Team Name	lbs +/-	% +/-
1st	FAT PACK	-43.1	-5.36%
2nd	FLAB U LESS 4	-33.2	-4.02%
3rd	WEIGHT NO MORE	-28.5	-3.91%
4th	SHRINKY DINKS	-18	-3.51%
5th	PSYCHO INDIANS	-14.2	-1.78%
6th	JUST DO IT, DON'T WEIGHT	-11	-1.61%
7th	FOUR HUNGRY GIRLS	-11.4	-1.44%
8th	WANNA-BE MINI-ME	-6.8	-1.04%
9th	FRESH SQUEEZED	-4.6	-0.78%
10th	FROM FAT TO FLAT	4.4	0.58%

-166.4

**YOU HAVE THREE MORE WEEKS TO LOSE THE WEIGHT!
GIVE YOURSELF A GOAL!**

**FOR MOST OF YOU IT IS ABSOLUTELY POSSIBLE TO STRIVE TO LOSE 1-2 POUNDS A WEEK,
THAT MEANS YOU COULD QUITE POSSIBLY LOSE 3-6 POUNDS IN THE NEXT THREE WEEKS.**

**WHAT IS YOUR WEIGHT LOSS MOTIVATION?
TO FEEL GOOD?
TO LOOK GOOD?**

**TO FIT IN YOUR FAVORITE PANTS?
TO INCREASE YOUR HEALTH?**

WHATEVER YOUR MOTIVATION IS, FOCUS ON IT!

**SEVERAL OF YOU HAVE BEEN VERY SUCCESSFUL IN THIS CHALLENGE.
SEVERAL OF YOU HAVE ALLREADY LOST OVER 10 POUNDS!**

**THOSE OF YOU WHO HAVE BEEN ABLE TO MAKE THE CHANGE, WHAT HAS HELPED YOU
BE SUCCESSFUL? PLEASE SEND ME YOUR TIPS, TRICKS, AND STRATEGIES AND I WILL
PASS ON YOUR SUCCESS TIPS TO YOUR FELLOW COMPETITIORS.**

LETS GET MOVIN AND QUIT EATIN!