

FALL 2008 Biggest Loser

Week 9: 11/11

NEXT WEEK is the final weigh-in!

You must weigh-in with me by 11am next Wednesday November 19th. I will have the results ready for our Awards luncheon at noon!

The "Biggest Loser" awards luncheon is scheduled for **Wednesday November 19th** at noon in the Faculty/Staff Lounge. There will be small awards for the 1st, 2nd, and 3rd place team, as well as, an award for the top male and female Biggest losers. We will also have several small gifts to raffle off. We need to know who will be able to attend the luncheon. Please **RSVP** to me (kfalcone@palomar.edu) as soon as possible. As of today I have received RSVP's from the following people: Susan Rogers, Peggy Henderson, Shawna Hearn, Sandra Richtmeyer, Ana-Kate Hilton, Jody Hall, Ben Moss, Adriana Velazquez and Cindy Fisher... If you plan on coming and have not told me I need to know ASAP! (We need to know how much food to order).

place	Team Name	lbs +/-	% +/-
1st	FAT PACK	-45.9	-5.71%
2nd	WEIGHT NO MORE	-38	-5.21%
3rd	FLAB U LESS 4	-40	-4.85%
4th	PSYCHO INDIANS	-17.2	-2.16%
5th	JUST DO IT, DON'T WEIGHT	-13.2	-1.93%
6th	SHRINKY DINKS	-8.2	-1.60%
7th	WANNA-BE MINI-ME	-9.2	-1.41%
8th	FRESH SQUEEZED	-6.8	-1.15%
9th	FOUR HUNGRY GIRLS	-8.8	-1.11%
10th	FROM FAT TO FLAT	5.8	0.76%

TOTAL WEIGHT LOST -181.5

Join us for Thursday evening walks!
Meet at the clock tower at 4:45pm.
Walk for Life!

Last week we had 7 people walking together at 4:45...
It was a lot of fun and a great workout. Please join us! The more the merrier!