

# PALOMAR'S "BIGGEST LOSER" COMPETITION SPRING 2008

Sponsored by TEAM LIFE

Together Evaluating Assessing Managing Life Improvements For Employees

## WEEK 4 ~ March 20th

It's the end of the first month of the competition. We have officially weighed-in 4 times! Next week is Spring Break and we will not have a weigh-in. You have two weeks until our next weigh-in which will be our halfway mark. **We will be giving awards to the 1st, 2nd, and 3rd place team at this halfway point so make sure to stay on track over Spring Break!**

### WATER WORKOUTS!

When we return from Spring Break we will be offering some opportunities for you to workout in the WATER!!! You can join Patti Waterman's Water exercise class from 9-10am on Tue/Thur OR she will hold lap swim from 4-5pm and water exercise from 5-6pm on Tue/Thur. I hope to see many of you joining Patti Waterman in the Water!

### CAMPUS WALKS

We would like to start a campus wide promotion of afternoon and evening walks. Just meet at the Clock Tower everyday at noon or 5pm and meet some of your co-workers for a fitness walk and social time. Lets work together to promote this fitness opportunity and increase our campus health.

### AWARDS CEREMONY

This competition ends Thursday May 8th. We will be holding an Awards ceremony on Thursday May 15th from 12-1pm in the Staff Lounge, so save the date!

### POKER WALK

Team Life will be hosting a POKER WALK on Wednesday April 16th at 12pm. This is just another fun opportunity to get out and move around campus with your friends!

WEEK 4 RESULTS				The following have lost over 4%
From Fat to Flat	Avg % Lost	-4.26%	Total LBS Lost	-31.8 Don Clark
Flab U Less 4	Avg % Lost	-3.28%	Total LBS Lost	-32.4 Evic Oropilla
G-Unit	Avg % Lost	-3.26%	Total LBS Lost	-25.5 Jem McAdams
Now You See Us, Now You Don't	Avg % Lost	-2.76%	Total LBS Lost	-26.4 Kelly Falcone
Weigh Cool	Avg % Lost	-2.47%	Total LBS Lost	-18.2 Michael Lockett
Dirty Carrots	Avg % Lost	-1.81%	Total LBS Lost	-13 Patricia Rodriguez
Lady Bugs	Avg % Lost	-1.76%	Total LBS Lost	-13.4 Sandra Brown
The Velvet Erasers	Avg % Lost	-1.76%	Total LBS Lost	-14.73 Lee Kerckhove
Before and After	Avg % Lost	-1.67%	Total LBS Lost	-12.4 Jane Stiles
Four Tons of Fun	Avg % Lost	-1.36%	Total LBS Lost	-8.6 <b>The following have lost over 3%</b>
The Shrinks	Avg % Lost	-1.04%	Total LBS Lost	-6.6 Martha Collins
The Iron Chicks	Avg % Lost	-0.76%	Total LBS Lost	-5.2 Julia Coon
From Bites to Bits	Avg % Lost	-0.63%	Total LBS Lost	-6 Devonay Olson
The Wanna-Be Mini-Me's	Avg % Lost	-0.53%	Total LBS Lost	-3.6 Sheena Aque

**AS A GROUP WE HAVE LOST -218 LBS**

We have lost an entire person!!!!!!!!!!!!!!!!!!!!!!

\*\*\*\*\*Many of you are seeing great results from your weight loss efforts. I would love to hear about some of the changes you have made to help you reach your goal. Please feel free to e-mail me with any suggestions or easy changes you made and I will put an e-mail together with all of your pointers! This is a great opportunity for you to help the entire group reach our weight loss goals!\*\*\*\*\*