

PALOMAR'S "BIGGEST LOSER" COMPETITION SPRING 2008

Sponsored by TEAM LIFE

Together Evaluating Assessing Managing Life Improvements For Employees

~~~The FINAL Results! May 8th~~~

Thank you all so much for your participation, I know it has not been easy to step on that scale every week for 10 weeks! I hope this challenge has been a positive experience for you and I hope you continue on your weight loss challenge this summer!

I hope to see ALL of you on Wednesday in the Staff Lounge at 12pm for our end of the challenge celebration.

We WILL be having another "Biggest Loser" competition in the Fall, I look forward to seeing all of you again next semester. Details will be distributed at the Fall Plenary sessions.

HERE'S WHAT YOU HAVE ALL BEEN WAITING FOR.... DRUM ROLL PLEASE.....

**Together we have lost a total of 442.83lbs!!!!!!!!!!!!**

Here are the Team results:

| Place | Team Name                     | total pounds lost | Team Average percentage of weight lost |
|-------|-------------------------------|-------------------|----------------------------------------|
| 1     | From Fat to Flat              | -71.00            | -9.55%                                 |
| 2     | Flab U Less 4                 | -80.00            | -8.31%                                 |
| 3     | G-Unit                        | -63.30            | -8.18%                                 |
| 4     | Lady Bugs                     | -26.80            | -4.86%                                 |
| 5     | The Velvet Erasers            | -33.33            | -4.21%                                 |
| 6     | Now You See Us, Now You Don't | -35.40            | -3.79%                                 |
| 7     | Four Tons of Fun              | -19.20            | -3.18%                                 |
| 8     | From Bites to Bits            | -24.20            | -2.95%                                 |
| 9     | Dirty Carrots                 | -23.40            | -2.93%                                 |
| 10    | Weigh Cool                    | -19.80            | -2.38%                                 |
| 11    | The Wanna-Be Mini-Me's        | -13.60            | -1.98%                                 |
| 12    | The Shrinks                   | -12.60            | -1.95%                                 |
| 13    | Before and After              | -12.40            | -1.69%                                 |
| 14    | The Iron Chicks               | -7.80             | -0.76%                                 |

Total weight loss

-442.83