

Biggest Loser Spring 2009

Week 1 RESULTS!!!!



Drum roll please...
And the 1st week winners are....

WEEK 1 TEAM RESULTS		LBS +/-	% +/-
1st	Denim Hypoxia	-10.8	-1.70%
2nd	Downsize Me	-10.75	-1.65%
3rd	The Intrepid LOSERS	-11.95	-1.47%
4th	Pounds aWEIGH!	-12	-1.31%
5th	The TBD Ladies	-4.6	-0.65%
6th	From FAT to FLAT	-5	-0.65%
7th	The Shape Shifters	-4.4	-0.63%
8th	Phat Girlz	-2.2	-0.38%
9th	WEIGH to go!	-2.4	-0.32%
10th	Lighten Up!	-0.8	-0.11%
11th	The Shrinks	1	0.14%
12th	The Incredible Shrinking Women	2.4	0.26%
13th	WEIGHTin for a Miracle!	7.9	1.12%
GROUP TOTAL		-53.6	-0.57%

WEEK ONE TOP 10 INDIVIDUAL RESULTS				% lost
1st	Lopez	Melissa	The Shape Shifters	-3.37%
2nd	Cheezman	Debbie	Downsize Me	-2.99%
3rd	Clark	Don	Pounds aWEIGH!	-2.89%
4th	Collins	Martha	The Intrepid LOSERS	-2.56%
5th	Corona	Abby	Denim Hypoxia	-2.45%
6th	Oretga	Anileni	Phat Girlz	-2.10%
7th	Garcia	Naida	The Intrepid LOSERS	-2.01%
8th	Dratler	Pam	Downsize Me	-1.90%
9th	Robinson	Karen	Denim Hypoxia	-1.88%
10th	Sanchez-Velazco	Adriana	Downsize Me	-1.68%

Here are the results for the Teams, the top 10 individuals and the top point earners for the President's Fitness Challenge.

Presidents Fitness Challenge	
February 11th-18th 2009	
Name	Points
Kelly Falcone	1817
Bonnie Dowd	1764
Carla Gilmore	1592
Abby Corona	1480
Jackie Wood	392
Karen Robinson	305

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This week's weight loss strategy is:

TEAM WORK

This week get together with your group. Having friends support you in your quest for weight loss can be very motivating. We all have hardships and challenges in our quest for health and simply discussing these with your fellow competitors may be very helpful for you! With your team come up with a group strategy that could possibly help each one of you reach your goal. Some examples of strategies for weight loss:

- Keep a daily exercise journal and email your daily entries to your team members. By sharing your daily activity you will help to encourage your teammates, as well as, stay accountable to your program!
- Eat lunch together and help each other make healthy choices!
- Search the internet for some easy health tips and share them with your teammates.
- Use the Presidents Challenge Fitness website and keep track of how many points you earn each day with your fitness routine. You can have your own little competition amongst each other with your point totals!

These are only a few examples of ways you can help each other!

Notes for this week:

•It seems that using Health Services for the weigh-ins has not gone as smoothly as I had hoped, so I will add more hours to try to accommodate all of you! Here are the weigh-in times:

•**Tuesdays 10-11 (WFC), 11-1 (SW-19)**

•**Wednesdays 11-2 (SW-19)**

•You may still weigh-in at Health Services, if you choose to do so just e-mail me with your weight (I trust you!)

•If you miss a weekly weigh-in, your weight will be recorded as your initial weight for a 0% change. Be sure to weigh-in!