

# Biggest Loser Spring 2009

## Week 2 RESULTS!!!!



Drum roll please...  
And the 2<sup>nd</sup> week winners are...

WEEK 2 TEAM RESULTS		LBS +/-	% +/-
1st	The Shape Shifters	-18.2	-2.60%
2nd	Pounds aWEIGH!	-20.5	-2.25%
3rd	The Intrepid LOSERS	-15.35	-1.89%
4th	The Shrinks	-13.6	-1.88%
5th	From FAT to FLAT	-13.4	-1.74%
6th	Denim Hypoxia	-9.6	-1.51%
7th	Lighten Up!	-11.3	-1.50%
8th	WEIGH to go!	-8.8	-1.16%
9th	The TBD Ladies	-5	-0.71%
10th	Phat Girlz	-3.4	-0.59%
11th	Downsize Me	-1.5	-0.23%
12th	The Incredible Shrinking Women	-1.4	-0.15%
13th	WEIGHTin for a Miracle!	-0.5	-0.07%
GROUP TOTAL WEIGHT LOSS		-122.55	-1.25%

WEEK TWO TOP 10 INDIVIDUAL RESULTS				% lost
1st	Lopez	Melissa	The Shape Shifters	-5.49%
2nd	Galbreath	Lisa	The Shape Shifters	-5.40%
3rd	Fried	Cathy	Lighten Up!	-4.17%
4th	Armstrong	Elaine	WEIGH to go!	-3.65%
5th	Clark	Don	Pounds aWEIGH!	-3.32%
6th	McAdams	Jem	From FAT to FLAT	-3.19%
7th	Roth	Renee	The Shrinks	-3.02%
8th	Silva	Josie	Denim Hypoxia	-2.96%
9th	Oretga	Anileni	Phat Girlz	-2.91%
10th	Gonzalez	Juan	WEIGHTin for a Miracle!	-2.87%



Presidents Fitness Challenge	
February 19th-25th 2009	
Name	Points
Kelly Falcone	2534
Jackie Wood	2442
Renee Roth	2248
Karan hauskey	1447
Angela stanley	1160
Karen Robinson	871
Pauline Riley	826
Bonnie Dowd	717
Abby corona	642
Lisa Romain	327
Terri Wallace	110
Neill Kovrig	24

### Be sure to weigh-in!!!

If you don't weigh-in your score is recorded as 0% change

The Presidents Fitness challenge is a weekly challenge. The points are for the week starting Thursday after weigh-in to the next weigh in day (thur-wed). Be sure to have all of your activities logged by Wednesday!

# Biggest Loser Spring 2009

This week's weight loss strategy is:

**Increase your daily activity!**

  **10,000 steps a day!**  

10,000 steps a day is a way to help you increase your daily activity. With this challenge we are focusing on increasing how much we move throughout the day. Although it is very important to do a structured workout most, if not all, days of the week, I know that for many of you it is hard to find the time. With the 10,000 steps a day challenge we are not worried about making sure to get to the gym, instead we are focusing on simply moving more throughout our entire day!

With this challenge every little bit counts, or in this case, every little step counts! Every 5 minute break you can take to walk around counts! Every walk you take to talk to a co-worker counts! Every class you walk to counts! Even every step you take while lecturing counts!

Wear your pedometer from the moment you wake up in the morning till you go to bed. It is very small; you can hardly tell you're wearing it! I have worn it the past few days and find myself checking it to see where I am at, I even consciously walk around more when I am working just to increase my steps.

The goal is to take 10,000 steps per day. For the first couple of days simply do your usual routine and record your steps. Once you see what your usual amount of steps are, start making small changes to increase your steps until you reach the ultimate goal of 10,000 steps in one day.

It is estimated that it takes about 2,000 steps to complete 1 mile (of course everyone is a little different based on stride length!). In this goal you are trying to complete about 5 miles throughout your entire day.

TEAM LIFE wants to help you get to 10,000 steps! We would like to form walking groups among the participants. If there is a certain time you would like to walk and are looking for some company please let me know and I will advertise your walk to the group! Lets work together to get moving.

## **Here are the weigh-in times:**

• **Tuesdays 10-11 (WFC), 11-12 (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!)