

# Biggest Loser Spring 2009

## Week 5 RESULTS!!!!



Drum roll please...  
And the 5th week winners are...

WEEK 5 TEAM RESULTS		LBS +/-	% +/-
1st	WEIGHTin for a Miracle!	-24	-3.39%
2nd	WEIGH to go!	-20.2	-2.67%
3rd	Lighten Up!	-16.5	-2.20%
4th	Downsize Me	-14.25	-2.18%
5th	The Intrepid LOSERS	-17.6	-2.17%
6th	Denim Hypoxia	-10.4	-1.64%
7th	The Shape Shifters	-9.8	-1.40%
8th	From FAT to FLAT	-8.6	-1.12%
9th	Pounds aWEIGH!	-9.3	-1.02%
10th	The Shrinks	-6.85	-0.95%
11th	Phat Girlz	-5	-0.87%
12th	The Incredible Shrinking Women	-5	-0.53%
13th	The TBD Ladies	-0.2	-0.03%
GROUP TOTAL WEIGHT LOSS		-147.7	-1.55%

WEEK FIVE TOP 10 INDIVIDUAL RESULTS				% lost
1st	Gonzalez	Juan	WEIGHTin for a Miracle!	-7.11%
2nd	Armstrong	Elaine	WEIGH to go!	-6.50%
3rd	Lopez	Melissa	The Shape Shifters	-6.12%
4th	Dratler	Pam	Downsize Me	-5.24%
5th	Collins	Martha	The Intrepid LOSERS	-4.69%
6th	Lockett	Michael	From FAT to FLAT	-4.63%
7th	Neidiffer	Kellis	The Intrepid LOSERS	-3.45%
8th	Dharmasena	shani	Phat Girlz	-3.45%
9th	Corona	Abby	Denim Hypoxia	-3.15%
10th	Canela	Terri	Pounds aWEIGH!	-3.13%

Presidents Fitness Challenge	
March 12th-March 18th	
Name	Points
Jackie Wood	3385
Kelly Falcone	3249
Sandra Brown	2400
Bonnie Dowd	1882
Renee Roth	1697
Karen Robinson	1118
Josie Silva	643
Abby Corona	568

**Be sure to weigh-in!!!**

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

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

•**Wednesdays 11-2 (SW-19)**

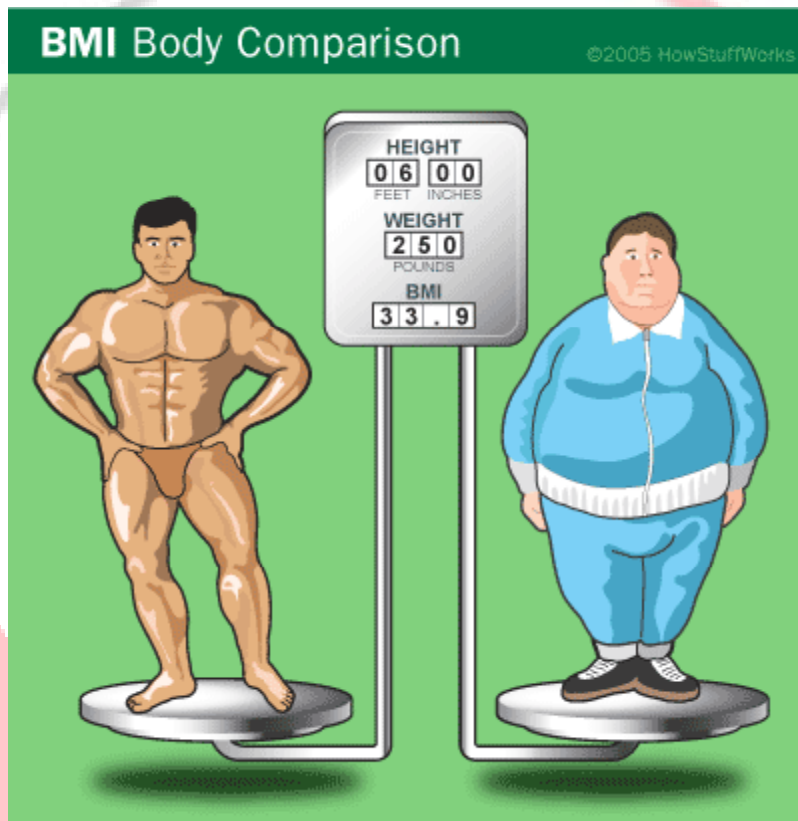
•You may still weigh-in at Health Services, if you choose to do so just e-mail me with your weight (I trust you!)

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 (thursday). Be sure to have all of your activities logged by Wednesday!

# Biggest Loser Spring 2009

This week's weight loss strategy is:

## Muscle vs. Fat



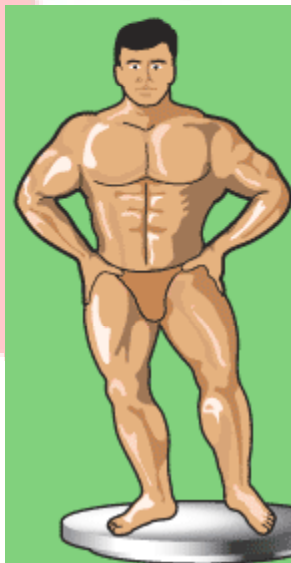
These two people have the same weight, the same height and therefore have the same BMI (Body Mass Index). BUT, it is obvious that one of them is healthy and the other is NOT. This is the downfall of the BMI calculation. The BMI does not take into consideration the muscle and fat composition of the body.

I know we have all heard that muscle weighs less than fat, but actually they weigh the same, 1 pound of muscle is equal to 1 pound of fat, the difference is the size of a pound of muscle and 1 pound of fat. A pound of muscle takes up about 2/3 of the space of a pound of Fat. So, with the two people above, the one on the right has a high percentage of weight from Fat and is therefore bigger in size than the man on the left.



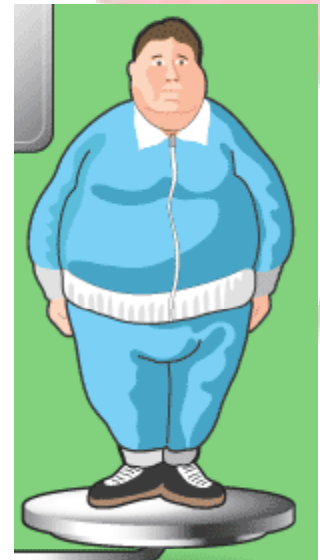
# Muscle vs. Fat

So, what are the health effects of a person with a lot of muscle versus a person with a lot of Fat?



## LOW PERCENTAGE OF BODY FAT

- Reduced risk of Cardiovascular disease, Cancer, stroke, type 2 diabetes
- Increased metabolic Rate. With more muscle you burn more calories during rest (meaning with more muscle you burn more calories while you read this!)
- Feel good!
- Able to move freely



**WE NEED TO FOCUS ON CHANGING OUR BODY COMPOSITION!**

**WHAT CAN YOU DO TO DECREASE YOUR PERCENTAGE OF BODY FAT AND INCREASE YOUR PERCENTAGE OF MUSCLE OR FAT-FREE MASS? EXERCISE!!!!!! EVERY WEEK YOU SHOULD BE DOING 3-5 DAYS OF AEROBIC EXERCISE (AT LEAST 30 MINUTES) AND STRENGTH TRAIN AT LEAST 2-3 DAYS/WEEK.**

**IT'S TIME TO CHANGE THAT FAT INTO MUSCLE**