

Together Evaluating Assessing Managing
TEAM LIFE
 Life Improvements For Employees

THE BIGGEST LOSER

Employee weight loss competition

➤ WHAT IS THE BIGGEST LOSER?

- 10-Week weight loss competition with weekly weigh-ins on Thursdays. Challenge starts February 9th and the final weigh-in is on April 19th.
- For Faculty/Staff of Palomar College.
- This challenge will give you the motivation, inspiration, and challenge to lose those unwanted pounds!
- In the 5 semesters we have held this challenge we have lost a total of 1382lbs!

➤ WHAT DO YOU GET FOR PARTICIPATING?

- Each participant will receive a special TEAM LIFE weight loss kit to help reach your weight loss goal!
- You are competing for some prize MONEY \$\$\$\$\$\$
 - The top 3 losers will win prize money (the amount will be determined by the number of participants).

➤ WHEN CAN YOU SIGN UP TO JOIN THE CHALLENGE?

- Thursday 2/9/11 at the Health Dimensions Health Fair Located in the AA/ST courtyard from 11-1pm
- The Cost is \$25 per person (\$5 to TEAM LIFE and \$20 to the prize money).
- Stop by the fair for your first weigh-in. If you cannot make it to the fair please visit Kelly Falcone in the WFC Thursday evening 5-8pm or Friday morning 9-11am.

➤ WEEKLY WEIGH-INS: THURSDAYS

- 9-11am in the WFC with Kelly Falcone
- 11-12 with Lacey Craft in office O-20
- 12-1pm with Kelly Falcone, office O-19
- 5-8pm in the WFC with Kelly Falcone

- Weekly results will be posted to the TEAM LIFE Blog every Friday!
- The percentage of weight loss for each person will be used for the weekly results, it will not be in pounds.
- Questions?
 - Please go to www2.palomar.edu/pages/teamlife
 - Email: kfalcone@palomar.edu

Together Evaluating Assessing Managing
TEAM LIFE
Life Improvements For Employees

Free Employee Fitness Classes starting Friday 2/10 Wednesdays 5:15pm and Fridays at noon

**Join your fellow employees for a fun workout!
FREE!!!!**

Taught by Palomar College Instructor Darlene Handa.

Classes will either be step aerobics or yoga

**Please check the TEAM LIFE Blog for the schedule:
www2.palomar.edu/pages/teamlife**