

Biggest Loser



Spring 2012

Week#1 Results

- Well, first week down.... NOW IT'S TIME TO GET SERIOUS!
- This week try to focus on one change you can make, and commit to, for an entire week!
 - For example: drink only water, walk at least 5 minutes every hour, increase vegetable/fruit intake, cut down on carbs, no sweets...
 - what change are you willing to commit to? You have to make a change.
- This week we lost 33lbs... If we keep it going at this rate we will lose over 300lbs as a group! Let's make that our group goal!
- And here are our week #1 leaders!

NAME	overall %
Phyllis Laderman	-3.83%
Celina De La Torre	-2.70%
sandra Brown	-2.50%
jorge Villalobos	-2.45%
Michelle Tucker	-1.30%
Suzanne Szames	-1.21%
Juan Gonzalez	-1.19%
Kelly Falcone	-1.14%
Robert Sedillo	-1.11%
Paty Reyes	-0.68%
Trish Yzerman	-0.47%
Tania Silva	-0.41%

- Note: if you don't weigh-in your weight is entered as your starting weight for 0% change
- Please join us on Wednesday for 7am circuit training and/or 5:15pm Yoga! Also Friday Yoga at noon.

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WEEK #2 RESULTS!

- Here are our week #2 leaderboard:

place	NAME	overall %	place	NAME	overall %
1st	Celina De La Torre	-2.70%	9th	Jorge Villalobos	-1.43%
2nd	Sandra Brown	-2.50%	10th	Evic Oropilla	-1.31%
3rd	Phyllis Laderman	-2.38%	11th	Peggy Richardson	-1.28%
4th	Don Clark	-2.30%	12th	sherry Goldsmith	-0.78%
5th	Suzanne Szames	-1.69%	13th	Paty Reyes	-0.68%
6th	Juan Gonzalez	-1.62%	14th	Trish Yzerman	-0.47%
7th	Kelly Falcone	-1.62%	15th	Robert Sedillo	-0.33%
8th	Tania Silva	-1.51%	16th	judith Gervasio	-0.14%

- We have lost a total of 42lbs!!!!
- This week I would like us ALL to focus on walking more! I set-up a page on the Blog for us to connect and form some walking groups if possible. The page also has walking maps of the campus.
 - <http://www2.palomar.edu/pages/teamlife/walking-the-campus/>
 - I know that...
 - Adriana Sanchez** walks at about 1:30pm daily
 - Yesenia Z Gamble** walks around 11:30/12pm
 - and **Robert Sedillo** is walking after work.
 - I know it is so much easier to stay committed if you have some friends to be accountable to, so let's make some walking friends!
 - Starting next week I will be doing the 5 mile loop Tue & Thur mornings at 7am. I will be walking and jogging (probably much more walking at first). I will be starting at the back entrance to the school by the soccer field. **Juan Gonzalez** and **Jorge Villalobos** will be joining me (at least they said they would...smile)
- Also please join us for our employee exercise classes! Wednesday 7am circuit training, Wednesday 5:15pm Yoga, and Friday Yoga at noon.

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Week #3 Results

- You can't expect changes in your weight unless you have made changes in your life!!! It's not going to magically come off! So, what have you committed to changing?
 - I would love to hear about your changes and suggestions. Send me an email and I will compile a helpful hints from all of us.
- We have a lost a total of: 53.4lbs!!!

place	NAME	overall %	place	NAME	overall %
1st	Don Clark	-4.24%	8th	sandra Brown	-1.61%
2nd	Suzanne Szames	-3.15%	9th	Michelle Tucker	-0.94%
3rd	Celina De La Torre	-3.11%	10th	Tania Silva	-0.83%
4th	Kelly Falcone	-2.67%	11th	judith Gervasio	-0.49%
5th	Evic Oropilla	-2.16%	12th	sherry Goldsmith	-0.39%
6th	Juan Gonzalez	-2.05%	13th	melissa Grant	-0.38%
7th	Terri Wallace	-1.93%	14th	Jem McAdams	-0.36%

- Please be sure to weigh-in! If you don't weigh-in your initial weight is used for a 0% change. If you're not at work, weigh-in at home and send me the info.
- Cut out white flour and sugar from your diet! It will not only help you to lose weight, but apparently will help you look younger too!
- <http://www.livestrong.com/article/480473-how-to-cut-out-white-flour-and-white-sugar/>
- <http://www.musclefitness.com/anti-aging/nutrition-and-diet/the-healthy-skin-look-young-diet.html>

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Week #4 results!

- Hello Biggest losers!!!
- We have free workouts for you! There are no excuses!
 - **Circuit Training Wednesdays: 7am and 5:15pm**, come to one or come to both! You will get a great workout and learn some new exercises to do at home or at your own gym!
 - **Would you like to join the group for lunchtime walks around?** I will be happy to lead lunch time walks on Mondays, Tuesdays, and Wednesdays..... But I need some Biggest Losers to commit to walking with me! If at least three of you commit to joining me I will make sure we get a good lunchtime workout. Click on the link below to sign up.
 - <http://www2.palomar.edu/pages/teamlife/2012/03/08/lunchtime-walks/>
 - Or why not start exercising while you are at your desk working!
 - <http://www2.palomar.edu/pages/teamlife/2012/03/08/turn-your-desk-into-an-active-desk/>
- **We have lost a total of 80.6lbs!!! WooHoo!!! Awesome!!!**

• And this weeks leaders are

place	NAME	overall %	place	NAME	overall %
1st	Juan Gonzalez	-4.52%	8th	Peggy Richardson	-3.00%
2nd	Don Clark	-4.12%	9th	Kelly Falcone	-2.95%
3rd	Evic Oropilla	-3.66%	10th	Sandra Brown	-2.59%
4th	Suzanne Szames	-3.55%	11th	Tania Silva	-1.93%
5th	Celina De La Torre	-3.51%	12th	Phyllis Laderman	-1.88%
6th	Melissa Grant	-3.31%	13th	Judith Gervasio	-1.82%
7th	Jorge Villalobos	-3.06%	14th	Michelle Tucker	-1.37%

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Week #5 Results!

- Here are the results from week #5... we are now halfway through the challenge!!!!
- There will not be a weigh-in next week (spring break), so I expect to see some big changes for week #7 weigh-in on 3/29!
- If you still have not paid your money please send it to Terri Wallace!
- Weight Loss Tip for this week:
 - *Have you been doing the same exercise program for a long time? You may need to change up your workout program if you'd like to see some changes. Get out there and try something new!*
- **We have lost of total of: 95.7lbs!!!**
- Top 14 losers this week (drumroll please.....):

place	NAME	overall %	place	NAME	overall %
1st	Juan Gonzalez	-5.55%	8th	Phyllis Laderman	-3.14%
2nd	Celina De La Torre	-5.27%	9th	melissa Grant	-2.42%
3rd	Michelle Tucker	-4.70%	10th	sandra Brown	-2.05%
4th	Evic Oropilla	-4.60%	11th	Adriana Sanchez	-1.74%
5th	Peggy Richardson	-3.59%	12th	jorge Villalobos	-1.73%
6th	Suzanne Szames	-3.55%	13th	judith Gervasio	-1.68%
7th	Kelly Falcone	-3.24%	14th	Tania Silva	-1.51%

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Week #7 Results

- It's already week #7!!! I can't believe it. Who wants to win this money????
- We have three more weigh-ins: 4/5, 4/12, and lastly 4/19.
- You have 3 weeks to make some changes. It is only a 3 week commitment! I know we don't HAVE the time, but it's time for you to MAKE the time! When are you going to make your health a priority?
- Drum roll.....
- We have lost an entire person!! **116.6lbs!!!** Woohoo!!
- And the biggest losers this week are:

place	NAME	overall %	place	NAME	overall %
1st	Don Clark	-6.61%	8th	Kelly Falcone	-3.43%
2nd	Michelle Tucker	-6.50%	9th	Celina De La Torre	-3.24%
3rd	Juan Gonzalez	-5.63%	10th	Phyllis Laderman	-3.14%
4th	melissa Grant	-4.20%	11th	judith Gervasio	-2.31%
5th	Evic Oropilla	-3.85%	12th	jorge Villalobos	-1.73%
6th	Suzanne Szames	-3.55%	13th	Trish Yzerman	-1.40%
7th	Peggy Richardson	-3.53%	14th	sandra Brown	-1.25%

- Lastly: NO MORE MISSING WEIGH-INS! *You know who you are...*

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Week #8 Results

- We have lost 142lbs!!! Woohoo!!! I am so proud of everyone!
- We have 2 more weeks to lose the weight!
- Here are the winners this week:

place	NAME	overall %	place	NAME	overall %
1st	Michelle Tucker	-8.67%	9th	Peggy Richardson	-3.53%
2nd	Don Clark	-6.55%	10th	Kelly Falcone	-3.52%
3rd	Juan Gonzalez	-5.89%	11th	Phyllis Laderman	-3.14%
4th	Suzanne Szames	-5.49%	12th	Trish Yzerman	-2.96%
5th	Evic Oropilla	-5.35%	13th	Adriana Sanchez	-1.74%
6th	Celina De La Torre	-4.86%	14th	jorge Villalobos	-1.53%
7th	judith Gervasio	-4.63%	15th	Tania Silva	-1.38%
8th	melissa Grant	-4.33%	16th	sandra Brown	-1.25%

- Mark your calendars for the awards banquet:
 - Monday April 30th, 6pm, San Marcos Eagle Bowl
 - <http://www.amf.com/eaglelanes>

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Week #9 Results

- I am so proud of all of you, Look at our progress so far:

weekly losses	
week #1	33 lbs
week #2	42 lbs
week #3	53 lbs
week #4	80 lbs
week #5	95 lbs
week #7	116 lbs
week #8	142 lbs
week #9	140 lbs

- We have one more week!** I need everyone to **lose 2 lbs** this week! I know you can do it! It's a one week commitment to 2 lbs! If everyone reaches this goal we will have lost 175 lbs as a group in this challenge and what an accomplishment that would be!

— Here is my diet plan to reach the 2 lb goal: No breads, pasta, rice, tortillas. Only eat fruits, vegetables and protein. Only water for the next 7 days.

- Please RSVP for our fun awards night** at San Marcos Eagle Bowl. I look forward to getting to have some fun with all of you. TEAM LIFE will pay for the bowling

— Mark your calendars for the awards banquet:

- Monday April 30th, 6pm, San Marcos Eagle Bowl**
- <http://www.amf.com/eaglelanes>

Here are the winners this week, but more importantly, who will be **THE winner** next week?????

top 16	NAME	overall %
1st	Michelle Tucker	-8.45%
2nd	Don Clark	-7.45%
3rd	Kelly Falcone	-5.62%
4th	Suzanne Szames	-5.49%
5th	Evic Oropilla	-5.16%
6th	judith Gervasio	-4.35%
7th	melissa Grant	-4.33%
8th	Celina De La Torre	-4.32%
9th	Juan Gonzalez	-3.92%
10th	Peggy Richardson	-3.53%
11th	Phyllis Laderman	-3.14%
12th	Trish Yzerman	-2.18%
13th	jorge Villalobos	-2.14%
14th	sandra Brown	-1.52%
15th	Tania Silva	-1.10%
16th	sherry Goldsmith	-1.04%

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Week #10 Results

- FINAL RESULTS!!!!
- We lost a total of 152lbs!!!!

place	name	% loss
1st	Michelle Tucker	-10.40%
2nd	Don Clark	-8.67%
3rd	Evic Oropilla	-6.20%
4th	Kelly Falcone	-6.10%
5th	Juan Gonzalez	-5.72%
6th	Celina De La Torre	-5.00%
7th	judith Gervasio	-4.98%
8th	melissa Grant	-4.33%
9th	Suzanne Szames	-4.28%
10th	Peggy Richardson	-3.53%
11th	jorge Villalobos	-1.84%
12th	Phyllis Laderman	-1.76%
13th	Trish Yzerman	-1.56%
14th	sherry Goldsmith	-1.04%
15th	sandra Brown	-0.80%
16th	Tania Silva	-0.55%

- Biggest Loser spring 2012 awards banquet:
 - Monday April 30th, 6pm, San Marcos Eagle Bowl
 - <http://www.amf.com/eaglelanes>