



**PALOMAR COLLEGE SPRING 2011**

# **BIGGEST LOSER**

**Employee Weight Loss Challenge**



## **Welcome to Biggest Loser!**

You have now completed your first step towards accomplishing your weight loss goal!! It was very exciting and motivating to see so many familiar faces and a whole bunch of new participants. Throughout the competition I will be here to help assist you in reaching your goal. Whatever you need help with please do not hesitate to ask. Each week I will send out the weekly results along with some healthy tips to get you on track to losing those unwanted pounds.

### ❖ **Teams and Team Names**

- ❖ Why are you in teams? Because with teams you have added support to reach your goals! I can tell you from past years that those who worked together were much more likely to reach their goals!
- ❖ This challenge is a team challenge because we realize the importance of the support and motivation that others can provide to help you achieve your goals. We hope that you will work together to reach success!!
- ❖ Please come up with a fun creative team name by next week.

### ❖ **Wednesday Morning Circuit Training Class 7-8am**

- ❖ Please join us for a great workout! This class will be held in the Aerobics room G-8

### ❖ **Weekly Weigh-ins**

- ❖ You will weigh-in every **Wednesday**
  - ❖ **7-8am** during the morning employee exercise class in the Aerobics room G-8
  - ❖ **11-1pm** with Kelly Falcone in office O-19 above the tennis courts.
  - ❖ If you cannot make these times please contact Kelly and set-up an alternative time. Or, you can weigh in at Health services and email me your weight.

### ❖ **OMRON Full Body Sensor Scale**

- ❖ Pages 3 and 4 of this newsletter are an explanation of each of the scores so that you can assess where you are now and where you want to be in the future.

### ❖ **Did you pay?**

- ❖ If you have not paid your entry fee of \$15 please do so at next weeks weigh-in

### ❖ **Health Journal**

- ❖ I hope you are using the Health Journals to record your health habits over the next 10 weeks! If you did not get one I have extras to give you!



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## **BIGGEST LOSER 2011 TEAM NAMES!**

**1 From Fat to Flat**

Cody Trefethen  
Melissa Grant  
Kelly Falcone

**5 name**

Susan Rogers  
Jody Hall  
Debbie Cheesman  
Gkyn Bongolan

**9 name**

Angie Heffner  
Polly Garcia  
Lea Fugate  
Judy Gervasio

**2 name**

Elaine Armstrong  
Anel Gonzalez  
Karen Boguta  
Sandra Brown

**6 name**

Karan Huskey  
Kimberly word  
Carol Moore  
Jaenette Haas

**10 Team TNT**

John Emerson  
Don Thompson  
Janien Lau-Thompson  
Scot Cathcart

**3 name**

Juan Gonzalez  
Jorge Villalobos  
Jose Ramirez  
Ana Hilton

**7 name**

Maggie Godinez  
Patti Rodriguez  
Ceclia Rocha  
Ana Toledo

**11 name**

Christine Barkley  
Monica Colon  
Terri Wallace  
Phillis Berry

**4 name**

Peggy Richardson  
Cheryl Delson  
Katy French  
Laurel Moran

**8 Downsize Me**

Adriana Velasco-Sanchez  
Pam Dratler  
Pixie Valle-peters  
Naida Garcia

# OMRON

## How to use the Full Body Sensor Body Composition monitor and scale

1. Lift up the monitor handle and screen
2. Press the power button located on the back end of the scale
3. It will show "CAL" wait for it to show "0.00lbs"
4. Press the "GUEST" button
5. Enter age using the up and down arrows then hit "SET"
6. Choose the male or female symbol using arrows then press "SET"
7. Enter height using arrows and press "SET"
8. Stand on scale barefoot, straight back, legs straight, look straight ahead, hold arms out straight at 90 degree angle and do not move.



9. Results:

### **1. Weight in lbs**

### **2. BMI**

➤ Body Mass Index. A number calculated from a ratio of height to weight. This is the basic standard used to assess obesity.

### **3. BODY FAT**

➤ The percentage of your body that is Fat.

### **4. MUSCLE**

➤ Skeletal muscle is the muscle we see and feel, it is the muscle we are trying to strengthen when lifting weights and working out. The higher your skeletal muscle percentage the higher your resting metabolic rate. Meaning, the more muscle you have the more calories you burn at rest.

### **5. RESTING METABOLIC RATE**

➤ The number is an estimation of caloric intake required to sustain the body's everyday functions. This does not take into consideration your activity level. This is just how much energy (calorie) is required to maintain your body function

### **6. BODY AGE**

➤ Body age is a calculation based on your weight, body fat %, and skeletal muscle %.

### **7. VISCERAL FAT**

➤ Visceral fat is a measure of the fat around the abdomen surrounding your vital organs. Too much Visceral fat is linked to an increased risk of cardiovascular disease and type 2 diabetes.

## **How does this Scale get all of these measurements?**

This scale uses Bioelectrical Impedance (BIA) to estimate your percentage of body fat and muscle. BIA uses a low level electrical current that travels through your body. Muscles, blood, bones, and body tissues with high water content conduct electricity easily, whereas, body fat does not.

## BMI: Body Mass Index

- Underweight < 18.5
- Healthy= 18.5 – 25
- Overweight= 25-30
- Obese > 30

### *Interpreting the Body Fat Percentage Result*

Gender	Age	Low (-)	Normal (0)	High (+)	Very High (++)
Female	20-39	< 21.0	21.0 - 32.9	33.0 - 38.9	$\geq 39.0$
	40-59	< 23.0	23.0 - 33.9	34.0 - 39.9	$\geq 40.0$
	60-79	< 24.0	24.0 - 35.9	36.0 - 41.9	$\geq 42.0$
Male	20-39	< 8.0	8.0 - 19.9	20.0 - 24.9	$\geq 25.0$
	40-59	< 11.0	11.0 - 21.9	22.0 - 27.9	$\geq 28.0$
	60-79	< 13.0	13.0 - 24.9	25.0 - 29.9	$\geq 30.0$

Source: NIH/WHO guidelines for BMI




Source: Gallagher et al., American Journal of Clinical Nutrition, Vol. 72, Sept. 2000

### *Interpreting the Skeletal Muscle Percentage Result*

Gender	Age	Low (-)	Normal (0)	High (+)	Very High (++)
Female	18-39	< 24.3	24.3 - 30.3	30.4 - 35.3	$\geq 35.4$
	40-59	< 24.1	24.1 - 30.1	30.2 - 35.1	$\geq 35.2$
	60-80	< 23.9	23.9 - 29.9	30.0 - 34.9	$\geq 35.0$
Male	18-39	< 33.3	33.3 - 39.3	39.4 - 44.0	$\geq 44.1$
	40-59	< 33.1	33.1 - 39.1	39.2 - 43.8	$\geq 43.9$
	60-80	< 32.9	32.9 - 38.9	39.0 - 43.6	$\geq 43.7$

Source: Omron Healthcare

### *Interpreting the Visceral Fat Level Result*

 Visceral Fat Level $\leq 9$ 0 (Normal)	 $10 \leq$ Visceral Fat Level $\leq 14$ + (High)	 Visceral Fat Level $\geq 15$ ++ (Very High)
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Visceral fat area (0 - approx. 300 cm<sup>2</sup>, 1 inch=2.54 cm) distribution with 30 levels.

Source: Omron Healthcare

**NOTE:** Visceral fat levels are relative and not absolute values.



**PALOMAR COLLEGE SPRING 2011**

# **BIGGEST LOSER**

**Employee Weight Loss Challenge**



## **Week #1 RESULTS!**

week #1 results		
place	Team number	team average % weight loss
1st	8-Downsize me	-1.70%
2nd	4	-0.70%
3rd	5- Weightin to WIN	-0.55%
4th	2-WEIGH cool!	-0.54%
5th	1-From fat to Flat	-0.53%
6th	7	-0.38%
7th	10- Team TNT	-0.29%
8th	11-Lose to WIN	-0.20%
9th	12	0.00%
10th	6	0.05%
11th	3	0.05%
12th	9-Take it all off	0.62%
total pounds lost		-28.30

WEEK 1 individual leaders!		
1st	Naida Garcia	-3.96%
2nd	Elaine Armstrong	-2.49%
3rd	Adriana Velezco-sanchez	-2.30%
4th	Cheryl Delson	-2.26%
5th	Melissa Grant	-1.69%
6th	Susan Rogers	-1.60%
7th	Ana Toledo	-1.53%
8th	Janien Lau-Thompson	-1.38%
9th	Terri Wallace	-1.14%
10th	Juan Gonzalez	-1.01%

A couple of notes:

~If you do not weigh in your weight will be entered as your starting weight for 0% change.

~There is a scale in the WFC and Health services that you can use if you are not able to weigh in with me. Then just email me your weight!

### **HEALTH TIP OF THE WEEK:**

What is your goal and how do you plan to achieve it?

What changes are you going to make in your life  
to help you reach your goal?

The bottom line is, if you want to see a change  
you have to make a change!!!!

A change that most of us need to make is to make a commitment to exercise! I know many of you say "I don't have the time", well I can tell you in this busy world you will never HAVE the time, you have to MAKE the time. Schedule exercise into your daily routine as if it is an important appointment.

Find a workout partner, or better yet,  
come and workout with us on Wednesday mornings!

**Together Evaluating Assessing Managing Life Improvements For Employees**



**PALOMAR COLLEGE SPRING 2011**

# **BIGGEST LOSER**

**Employee Weight Loss Challenge**



## **BIGGEST LOSER 2011 TEAM NAMES!**

**1 *From Fat to Flat***

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Melissa Grant  
Kelly Falcone  
Jem McAdams

**5 *Weightin to WIN***

Susan Rogers  
Jody Hall  
Debbie Cheesman  
Glyn Bongolan

**9 *Take it all off***

Angie Heffner  
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Lea Fugate  
Judy Gervasio

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Anel Gonzalez  
Karen Boguta  
Sandra Brown

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Karan Huskey  
Kimberly word  
Carol Moore  
Jaenette Haas

**10 *Team TNT***

John Emerson  
Don Thompson  
Janien Lau-Thompson  
Scot Cathcart

**3 *name***

Juan Gonzalez  
Jorge Villalobos  
Jose Ramirez  
Ana Hilton

**7 *name***

Maggie Godinez  
Patti Rodriguez  
Ceclia Rocha  
Ana Toledo

**11 *Lose to WIN***

Christine Barkley  
Monica Colon  
Terri Wallace  
Phillis Berry

**4 *Check us out!***

Peggy Richardson  
Cheryl Delson  
Katy French  
Laurel Moran

**8 *Downsize Me***

Adriana Velasco-Sanchez  
Pam Dratler  
Pixie Valle-peters  
Naida Garcia

**12 *name***

Don Clark  
Evic Oropilla  
Kathy Deleonguerrera



# OMRON

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6. Choose the male or female symbol using arrows then press "SET"
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9. Results:

### **1. Weight in lbs**

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➤ Body Mass Index. A number calculated from a ratio of height to weight. This is the basic standard used to assess obesity.

### **3. BODY FAT**

➤ The percentage of your body that is Fat.

### **4. MUSCLE**

➤ Skeletal muscle is the muscle we see and feel, it is the muscle we are trying to strengthen when lifting weights and working out. The higher your skeletal muscle percentage the higher your resting metabolic rate. Meaning, the more muscle you have the more calories you burn at rest.

### **5. RESTING METABOLIC RATE**

➤ The number is an estimation of caloric intake required to sustain the body's everyday functions. This does not take into consideration your activity level. This is just how much energy (calorie) is required to maintain your body function

### **6. BODY AGE**

➤ Body age is a calculation based on your weight, body fat %, and skeletal muscle %.

### **7. VISCERAL FAT**

➤ Visceral fat is a measure of the fat around the abdomen surrounding your vital organs. Too much Visceral fat is linked to an increased risk of cardiovascular disease and type 2 diabetes.

## **How does this Scale get all of these measurements?**

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Male	20-39	< 8.0	8.0 - 19.9	20.0 - 24.9	≥ 25.0
	40-59	< 11.0	11.0 - 21.9	22.0 - 27.9	≥ 28.0
	60-79	< 13.0	13.0 - 24.9	25.0 - 29.9	≥ 30.0

Source: NIH/WHO guidelines for BMI




Source: Gallagher et al., American Journal of Clinical Nutrition, Vol. 72, Sept. 2000

### *Interpreting the Skeletal Muscle Percentage Result*

Gender	Age	Low (-)	Normal (0)	High (+)	Very High (++)
Female	18-39	< 24.3	24.3 - 30.3	30.4 - 35.3	≥ 35.4
	40-59	< 24.1	24.1 - 30.1	30.2 - 35.1	≥ 35.2
	60-80	< 23.9	23.9 - 29.9	30.0 - 34.9	≥ 35.0
Male	18-39	< 33.3	33.3 - 39.3	39.4 - 44.0	≥ 44.1
	40-59	< 33.1	33.1 - 39.1	39.2 - 43.8	≥ 43.9
	60-80	< 32.9	32.9 - 38.9	39.0 - 43.6	≥ 43.7

Source: Omron Healthcare

### *Interpreting the Visceral Fat Level Result*

 <p>Visceral Fat Level ≤ 9 0 (Normal)</p>	 <p>10 ≤ Visceral Fat Level ≤ 14 + (High)</p>	 <p>Visceral Fat Level ≥ 15 ++ (Very High)</p>
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Visceral fat area (0 - approx. 300 cm<sup>2</sup>, 1 inch=2.54 cm) distribution with 30 levels.

Source: Omron Healthcare

**NOTE:** Visceral fat levels are relative and not absolute values.





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# **BIGGEST LOSER**

**Employee Weight Loss Challenge**



## **Week #2 Results!!!**

week #2 results		
place	Team number	team average % weight loss
1st	8-Downsize me	-2.03%
2nd	4-check us out!	-1.90%
3rd	2-WEIGH cool!	-1.59%
4th	5- Weightin to WIN	-1.37%
5th	12-WeebleWabbles	-1.14%
6th	10- Team TNT	-1.10%
7th	11-Lose to WIN	-0.79%
8th	7-Want2Bthin	-0.68%
9th	1- From Fat to Flat	-0.58%
10th	6	-0.45%
11th	3	-0.39%
12th	9-Take it all off	0.35%
total pounds lost		-90.25

WEEK 2 individual leaders!		
1st	Elaine Armstrong	-4.74%
2nd	Debbie Cheesman	-4.26%
3rd	Cheryl Delson	-4.01%
4th	Naida Garcia	-3.96%
5th	Adriana Velezco-sanchez	-3.04%
6th	Don Clark	-2.57%
7th	Katy French	-2.34%
8th	Melissa Grant	-1.82%
9th	Juan Gonzalez	-1.77%
10th	Don Thompson	-1.66%

Remember if you don't weigh-in your weight is entered as your starting weight, so be sure to weigh in every week!

If you weigh in on your own please email me with your team name/number and the actual weight (not, I lost 2 pounds, but instead the weight)

### **HEALTH TIP OF THE WEEK:**

#### **EASY CHANGES YOU CAN MAKE RIGHT NOW!**

- ✓ Drink more water
- ✓ Take mini walks throughout the day
- ✓ Take the stairs!
- ✓ Park farther away
- ✓ Eat 6 SMALL meals each day
- ✓ Don't eat after 7pm
- ✓ Keep a food journal!
- ✓ Cardio, cardio, cardio
- ✓ Wear a pedometer and keep track of your daily movement
- ✓ Schedule your exercise like an appointment
- ✓ Find a workout partner
- ✓ Make a bet with a friend! \$\$\$\$
- ✓ Just say no to Soda!

#### **1 pound = 3500 calories**

If you intake 500 more calories than you expend each day for a week then you will gain a pound!

To lose weight you need to expend more calories than you eat!

For many of us we have PLENTY of calories stored on our body (that's the excess fat!), it is ok to eat less, we want our body to have to use the storage fat, that's how you will lose weight!

**Together Evaluating Assessing Managing Life Improvements For Employees**



**PALOMAR COLLEGE SPRING 2011**

# **BIGGEST LOSER**

**Employee Weight Loss Challenge**



## **Week 3 Results!!!**

week #3 results		
place	Team number	team average % weight loss
1st	4-check us out!	-2.53%
2nd	2-WEIGH cool!	-2.26%
3rd	8-Downsize me	-2.19%
4th	12-Weeble Wabbles	-2.19%
5th	3	-1.14%
6th	10- Team TNT	-0.93%
7th	9-Take it all off	-0.58%
8th	11-Lose to WIN	-0.50%
9th	7-Want2Bthin	-0.41%
10th	5- Weightin to WIN	-0.38%
11th	1-From fat to Flat	-0.22%
12th	6-Las Flacas	0.35%
total pounds lost		-112.80

WEEK 3 individual leaders!		
1st	Elaine Armstrong	-6.41%
2nd	Cheryl Delson	-4.73%
3rd	Naida Garcia	-3.96%
4th	Adriana Velezco-sanchez	-3.19%
5th	Don Clark	-3.08%
6th	Juan Gonzalez	-3.04%
7th	Katy French	-2.73%
8th	Sandra Brown	-2.65%
9th	Janien Lau-Thompson	-2.58%
10th	Terri Wallace	-2.16%

### **HEALTH TIP OF THE WEEK:**

It's time to get serious about Losing!!! Are you keeping track of your diet and exercise. I challenge all of you to keep a detailed journal this week.

There are MANY excellent resources online for tracking your exercise/diet and for learning healthy strategies for weight loss.

The National Institute on Health is a great website for accurate information: <http://health.nih.gov/topic/WeightLossDieting>

# Physical Activity and Weight Control

U.S. Department of Health  
and Human Services

NATIONAL INSTITUTES OF HEALTH

NIDDK | NATIONAL INSTITUTE OF  
DIABETES AND DIGESTIVE  
AND KIDNEY DISEASES

## WIN Weight-control Information Network

Physical activity is important for physical health, emotional well-being, and achieving a healthy weight. Physical activity may help you control your weight by using excess calories that would otherwise be stored as fat. Most foods and many beverages you eat and drink contain calories, and everything you do uses calories. This includes sleeping, breathing, digesting food, and moving around. Balancing the calories you eat with the calories you use through physical activity may help you maintain your current weight.



$\text{Calories in Food} > \text{Calories Used} = \text{Weight Gain}$

$\text{Calories in Food} < \text{Calories Used} = \text{Weight Loss}$

$\text{Calories in Food} = \text{Calories Used} = \text{Weight Control}$

## How much physical activity do I need for general health?

Experts recommend at least 150 minutes (2 hours and 30 minutes) of moderate-intensity physical activity, or 75 minutes (1 hour and 15 minutes) of vigorous-intensity aerobic physical activity per week. This amount of physical activity may reduce your risk for some chronic diseases. Aerobic physical activities make your heart beat faster for a sustained period of time.

Regular physical activity may help you reach and maintain a healthy weight. Being physically active may also make you more energetic, improve your mood, and reduce the risk of developing some chronic diseases.

## Examples of moderate-intensity activity include:

- brisk walking
- general gardening
- water aerobics

## Examples of vigorous-intensity activity include:

- bicycling (at least 10 miles per hour)
- heavy gardening
- jogging or running
- racewalking
- rock climbing
- swimming laps
- training to run a 10K for charity

They also require your body to use more oxygen. Examples include bicycling, dancing, and walking.

You do not need to do all of your exercise at once to be physically active. In fact, experts recommend spreading physical activity throughout the week.

- You may break up your activity into shorter segments of 10 minutes or more.
- Moderate- or vigorous-intensity physical activities that last for at least 10 minutes count toward meeting the weekly recommendation.

## How much physical activity do I need to control my weight?

People need different amounts of physical activity to lose and control weight. You may find that you need to do more or less than others.

The amount of activity needed for weight loss may differ greatly between people. Some people who are not very active may be able to achieve and maintain a healthy weight by doing the minimum amount of activity recommended by experts.

However, many adults need to do more activity to control their weight.

- Some adults need 300 minutes (5 hours) or more of moderate-intensity aerobic physical activity, or 150 minutes of vigorous-intensity aerobic physical activity, per week.
- These adults should build up to this level of activity, adding time each week until they reach their goal.

In order to maintain a healthy weight after weight loss, adults may need to further increase their physical activity. Studies show that physical activity is very important to successful long-term weight control.

## How can my eating habits help me achieve a healthy weight?

The number of calories you eat is important. In addition to being physically active, all adults should follow a healthy eating plan. Try to consume fewer calories than you burn each day. Remember that your weight may be affected by the balance of “calories-in” and “calories-out.”

You may wish to speak with your health care provider, a fitness specialist, or a registered dietitian about the amount of activity and calories suitable for you.

You can also use the “MyPyramid” educational tool from the U.S. Department of Agriculture to find out how much activity and how many calories you need. The MyPyramid website includes two additional tools—MyPyramid Tracker and MyPyramid Meal Planner—that allow users to enter information such as age, gender, weight, and current activity level to determine a personalized physical activity and eating plan. The website also provides information related to physical activity and nutrition. It is available at <http://www.mypyramid.gov>.

## Becoming Physically Active

Physical activity may include structured activities such as walking, jogging, strength training, or sports. It may also include daily activities such as household chores, yard work, or walking the dog. Pick a combination of structured and daily activities that fits your schedule.

If you have been inactive for a while, start slowly and work up to at least 150 minutes per week at a pace that is comfortable for you. Remember that you may build up activity over the course of the day in sessions of 10 minutes or more if you are unable to be active for longer periods. For example, whether you take three 10-minute walks or one 30-minute walk, you will achieve the same health benefits.

If you want to lose weight, you may need to do more than 150 minutes of moderate-intensity aerobic activity per week. Remember that you can be active in several shorter sessions, and that your daily activities count toward calories used.

## Health Benefits of Physical Activity

Regular physical activity may help you control your weight, and it may also help:

- Reduce your risk for type 2 diabetes, high blood pressure and cholesterol, heart disease, osteoporosis, arthritis, and some cancers.
- Build strong muscles, bones, and joints.
- Improve flexibility.
- Increase energy levels.
- Improve mood and sense of well-being.



## Get started!

Here are some ideas to help you get started:

- Take a brisk walk around the block with family, friends, or coworkers.
- Walk up the stairs instead of taking the elevator when it is safe to do so.
- Mow the lawn.
- Take an activity break at work or home. Get up, stretch, and walk around.
- Park your car farther away from entrances of stores, movie theaters, or your home, and walk the extra distance when it is safe to do so.
- Take a beginner's level low-impact aerobics or step class.

## Aerobic Activity

One way to meet your physical activity goals is by participating in aerobic activities. Aerobic exercise includes any activity that makes you breathe hard and increases your heart rate for a sustained period of time.

Common aerobic activities include:

- brisk walking
- cycling
- dancing
- playing basketball
- running
- swimming

Experts recommend moderate- to vigorous-intensity exercise. Moderate-intensity aerobic activity may make you breathe harder and make it more difficult to talk, but you should still be able to carry on a conversation. If you are just beginning, slowly work up to moving at a moderate-intensity pace.

## Strength Training

Muscle-strengthening activities also provide health benefits. Experts recommend that adults do muscle-strengthening activities on 2 or more days per week **in addition** to meeting recommendations for aerobic physical activity.

However, muscle-strengthening activities can provide another way for you to meet the recommended aerobic physical activity each week. Moderate- to vigorous-intensity muscle-strengthening activities count toward the weekly physical activity recommendation if they involve one or more of the major muscle groups, such as those in the legs, hips, back, chest, abdomen, shoulders, or arms.

Strength training will help you:

- Burn extra calories.
- Build strong muscles, bones, and joints.
- Improve how your body works and moves.

Experts recommend 1 full day of rest between workouts to allow your muscles to recover.

If you are new to strength training or physical activity in general, consider hiring a certified personal trainer who can create a program that is fun and safe, and will help you meet your physical activity goals. A personal trainer who has a degree in exercise physiology or is certified through a national certification program, such as the American College of Sports Medicine or National Strength and Conditioning Association, may be able to help you reach your physical activity goals. You may need to contact your health insurer to make sure such services are covered by your plan.

## Mind and Body Exercise

In addition to aerobic activity and strength training, you may wish to include other forms of exercise in your physical activity program. Alternatives to traditional exercise provide variety and fun. They may also help reduce stress, increase muscular strength and flexibility, and increase energy levels. Examples of these exercises include yoga, Pilates, and tai chi.

### Tips for a Safe and Successful Physical Activity Program

- **Check with your health care provider.** If you have a chronic health problem such as obesity, diabetes, heart disease, or high blood pressure, ask your health care provider about what type and amount of physical activity is right for you.
- **Start slowly.** Add more physical activity into your daily routine and gradually work up to 150 minutes (2 hours and 30 minutes) of moderate-intensity physical activity per week to improve health. For additional health benefits, you may choose to work up to 300 minutes (5 hours) of moderate-intensity physical activity, or 150 minutes of vigorous-intensity physical activity, per week.
- **Set goals.** Set both short-term and long-term goals to keep motivated.
- **Set rewards.** Celebrate every success—you earned it!
- **Track progress.** Keep an activity log to track your progress. Note when you worked out, what activity you did, how long you did the activity, and how you felt during your workout. Also, record the days that you did not work out and what may have caused you to change your routine.

## Keep moving!

Move at your own pace while you enjoy some of these activities:

- aerobic exercise classes (step aerobics, kick boxing, high- or low-impact aerobics)
- bicycling
- brisk walking
- dancing (square dancing, salsa, African dance, swing)
- jogging
- playing sports (tennis, basketball, soccer)
- swimming

## Get strong!

Build strong muscles and bones with strengthening exercises. Try:

- Lifting free weights or using weight machines.
- Using resistance bands.
- Using stability or medicine balls.
- Doing push-ups and abdominal crunches.

- **Think variety.** Choose a variety of physical activities to help you meet your goals, prevent boredom, and keep your mind and body challenged.
- **Be comfortable.** Wear comfortable shoes and clothes that are appropriate to the activity you will be doing.
- **Slow down if you feel out of breath.**  
The “Talk Test” is an easy way to monitor your physical activity intensity.
  - You should be able to talk during your activity, without gasping for breath.
  - When talking becomes difficult, your activity may be too hard.
  - If talking becomes difficult for you while exercising, slow down until you are able to talk comfortably again.
- **Listen to your body.** Stop exercising and consult your health care provider if you feel chest discomfort or pain, dizziness, severe headache, or other unusual symptoms while you work out. If pain does not go away, get medical help right away. If you are feeling fatigued or sick, take time off from your routine to rest. You can ease back into your program when you start feeling better.
- **Eat nutritious foods.** Choose a variety of nutritious foods every day, such as whole-grain breads and cereals, lean meats, low-fat or fat-free milk and milk products, and a variety of fruits and vegetables, like apples, berries, carrots, and kale. Remember that your health and weight depend on both your eating plan and physical activity level. Healthful foods will give you the energy you need to be active.
- **Get support.** Encourage your family and friends to support you and join you in your activity. Form walking groups with coworkers, play with your children outside, or take a dance class with friends.

Regular physical activity may help you feel and move better. Whether your goal is to achieve and maintain a healthy weight or improve your health, becoming physically active is a step in the right direction. It is never too early or too late to make physical activity a part of your life!

## Additional Reading From the Weight-control Information Network (WIN)

*Active at Any Size.* National Institutes of Health (NIH)  
Publication No. 10–4352.  
<http://win.niddk.nih.gov/publications/active.htm>

*Healthy Eating and Physical Activity Across Your Lifespan: Better Health and You.* NIH Publication No. 08–4992 (available in English and Spanish).  
[http://www.win.niddk.nih.gov/publications/better\\_health.htm](http://www.win.niddk.nih.gov/publications/better_health.htm)

*Changing Your Habits: Steps to Better Health.* NIH Publication No. 08–6444.  
<http://win.niddk.nih.gov/publications/changing-habits.htm>

*Walking...A Step in the Right Direction.* NIH Publication No. 07–4155.  
<http://www.win.niddk.nih.gov/publications/walking.htm>

*Weight Loss for Life.* NIH Publication No. 04–3700.  
[http://www.win.niddk.nih.gov/publications/for\\_life.htm](http://www.win.niddk.nih.gov/publications/for_life.htm)

## Additional Resources

### **American College of Sports Medicine**

P.O. Box 1440  
Indianapolis, IN 46206–1440  
Phone: (317) 637–9200  
<http://www.acsm.org>

### **National Strength and Conditioning Association**

1955 N. Union Boulevard  
Colorado Springs, CO 80909  
Phone: (719) 632–6722  
Toll-free: 1–800–815–6826  
<http://www.nsca-lift.org>

It is never too  
early or too  
late to make  
physical activity  
a part of your  
life!

## **The President's Council on Physical Fitness and Sports**

Department W

200 Independence Avenue, SW Room 738–H

Washington, DC 20201–0004

Phone: (202) 690–9000

*<http://www.fitness.gov>*

## **Websites**

### **American Heart Association**

MyStart! Online

*<http://www.americanheart.org/presenter.jhtml?identifier=3053103>*

### **National Heart, Lung, and Blood Institute**

Aim for a Healthy Weight

*[http://www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt)*

### **National Institutes of Health**

We Can! (Ways to Enhance Children's

Activity & Nutrition)

*<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/index.htm>*

### **Shape Up America!**

*<http://www.shapeup.org>*

### **U.S. Department of Agriculture (USDA)**

MyPyramid

*<http://www.mypyramid.gov>*

MyPyramid for Kids

*<http://www.mypyramid.gov/kids/index.html>*

MyPyramid Tracker and MyPyramid Menu Planner

*<http://www.mypyramidtracker.gov>* and

*<http://www.mypyramidtracker.gov/planner>*



## U.S. Department of Health and Human Services

*2008 Physical Activity Guidelines for Americans.*

October 2008.

<http://www.health.gov/PAGuidelines>

Inclusion of resources is for information only and does not imply endorsement by NIDDK or WIN.

## Weight-control Information Network

1 WIN Way  
Bethesda, MD 20892–3665  
Phone:  
(202) 828–1025  
Toll-free number:  
1–877–946–4627  
FAX: (202) 828–1028  
Email: [WIN@info.niddk.nih.gov](mailto:WIN@info.niddk.nih.gov)  
Internet:  
<http://www.win.niddk.nih.gov>

The Weight-control Information Network (WIN) is a national information service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) of the National Institutes of Health, which is the Federal Government's lead agency responsible for biomedical research on nutrition and obesity. Authorized by Congress (Public Law 103-43), WIN provides the general public, health professionals, the media, and Congress with up-to-date, science-based health information on weight control, obesity, physical activity, and related nutritional issues.

Publications produced by WIN are reviewed by both NIDDK scientists and outside experts. This fact sheet was also reviewed by Steven Blair, P.E.D., Professor, Department of Exercise Science, Arnold School of Public Health, University of South Carolina.

**NIDDK** | NATIONAL INSTITUTE OF  
DIABETES AND DIGESTIVE  
AND KIDNEY DISEASES

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This fact sheet is also available at  
<http://www.win.niddk.nih.gov>.



**PALOMAR COLLEGE SPRING 2011**

# **BIGGEST LOSER**

**Employee Weight Loss Challenge**



## **Week 4 Results!**

week #4 results		
place	Team number	team average % weight loss
1st	4-check us out!	-3.82%
2nd	2-WEIGH cool!	-3.29%
3rd	3	-2.45%
4th	12	-2.18%
5th	8-Downsize me	-2.10%
6th	7-Want2Bthin	-1.70%
7th	10- Team TNT	-1.49%
8th	11-Lose to WIN	-1.49%
9th	1- From Fat to Flat	-0.52%
10th	9-Take it all off	-0.47%
11th	5- Weightin to WIN	-0.38%
12th	6-Las Flacas	1.09%
total pounds lost		-161.20

WEEK 3 individual leaders!		
1st	Elaine Armstrong	-7.47%
2nd	Cheryl Delson	-6.17%
3rd	Peggy Richardson	-5.42%
4th	Juan Gonzalez	-4.89%
5th	Sandra Brown	-3.85%
6th	Patti Rodriguez	-3.66%
7th	Heather Schmidt	-3.66%
8th	Adriana Velezco-sanchez	-3.48%
9th	Janien Lau-Thompson	-3.41%
10th	Ana Toledo	-3.33%

Remember if you don't weigh-in your weight is entered as your starting weight, so be sure to weigh in every week!

### **HEALTH TIP OF THE WEEK:**

## **No Time to Exercise???**

## **EXERCISE AT YOUR DESK!**

Even when you cannot go outside to exercise you can still be exercising while you are working! Check out the attached document to learn some easy exercises you can do while you work.

<http://exercise.about.com/library/officeworkout.htm>

<http://www.thrillist.com/nation/crossfit-office-workout>

<http://www.lifetime-fitness-routines.com/officeworkout.html>

# Office Exercise

If you have trouble staying fit at work, these office exercises are a great way to keep your body moving right at your desk. The moves here involving stretching and strengthening your body, all within the comfort of your office chair. This workout doesn't take the place of traditional strength training, but offers you a way to keep your blood moving if you can't get away from your desk.

## Precautions

See your doctor before trying this workout if you have any injuries, illnesses or other conditions. Make sure the chair you use is stable. If you have wheels, push it against a wall to make sure it won't roll away.

## Equipment Needed

A chair and a water bottle or light-medium dumbbell.

### Click on the pictures for closer look

#### *Stretches for Your Wrists and Arms*

**Wrist Stretch:** Extend arm in front, palm up and grab the fingers with other hand. Gently pull the fingers towards you to stretch the forearm, holding for 20-30 seconds. Repeat on the other side.

**Wrist & Forearm:** Press hands together in front of chest, elbows bent and parallel to the floor. Gently bend wrists to the right and left for 10 reps.

**Lower Back Stretch:** Sit tall and place the left arm behind left hip. Gently twist to the left, using the right hand to deepen the stretch, holding for 20-30 seconds. Repeat on the other side.



#### *Lower Body Exercises*

**Hip Flexion:** Sit tall with the abs in and lift the left foot off the floor a few inches, knee bent. Hold for 2 seconds, lower and repeat for 16 reps. Repeat on the other side.

**Leg Extension:** Sit tall with the abs in and extend the left leg until it's level with hip, squeezing the quadriceps. Hold for 2 seconds, lower and repeat for 16 reps. Repeat on the other side.

**Inner Thigh:** Place towel, firm water bottle or an empty coffee cup between the knees as you sit up tall with the abs in. Squeeze the bottle or cup, release halfway and squeeze again, completing 16 reps of slow pulses.



#### *Chair Exercises*

**Chair Squat:** While sitting, lift up until your hips are just hovering over the chair, arms out for balance. Hold for 2-3 seconds, stand all the way up and repeat for 16 reps.

**Dips:** Make sure chair is stable and place hands next to hips. Move hips in front of chair and bend the elbows, lowering the body until the elbows are at 90 degrees. Push back up and repeat for 16 reps.

**One-Leg Squat:** Make sure the chair is stable and take one foot slightly in front of the other. Use the hands for



leverage as you push up into a one-legged squat, hovering just over the chair and keeping the other leg on the floor for balance. Lower and repeat, only coming a few inches off the chair for 12 reps. Repeat on the other side.

### ***Upper Body Exercises***

**Front Raise to Triceps Press:** Sit tall with the abs in and hold a full water bottle in the left hand. Lift the bottle up to shoulder level, pause, and then continue lifting all the way up over the head. When the arm is next to the ear, bend the elbow, taking the water bottle behind you and contracting the triceps. Straighten the arm and lower down, repeating for 12 reps on each arm.

**Bicep Curl:** Hold water bottle in right hand and, with abs in and spine straight, curl bottle towards shoulder for 16 reps. Repeat other side.

### ***Ab Exercises***

**Side Bends:** Hold a water bottle with both hands and stretch it up over the head, arms straight. Gently bend towards the left as far as you can, contracting the abs. Come back to center and repeat to the right. Complete 10 reps (bending to the right and left is one rep).

**Ab Twists:** Hold the water bottle at chest level and, keeping the knees and hips forward, gently twist to the left as far as you comfortably can, feeling the abs contract. Twist back to center and move to the left for a total of 10 reps. Don't force it or you may end up with a back injury.





**PALOMAR COLLEGE SPRING 2011**

# **BIGGEST LOSER**

**Employee Weight Loss Challenge**



## **Week #5 Results!**

week #5 results		
place	Team number	team average % weight loss
1st	4-check us out!	-4.49%
2nd	2-WEIGH cool!	-3.48%
3rd	8-Downsize me	-2.73%
4th	7-Want2Bthin	-1.56%
5th	10- Team TNT	-1.53%
6th	12- Weeble Wabbles	-1.52%
7th	3-Weightin 4 a Miracle	-1.43%
8th	5- Weightin to WIN	-0.60%
9th	1-From fat to Flat	-0.48%
10th	9-Take it all off	-0.42%
11th	6-Las Flacas	0.00%
12th	11-Lose to WIN	0.05%
total pounds lost		-155.00

WEEK 5 individual leaders!		
1st	Elaine Armstrong	-8.07%
2nd	Cheryl Delson	-6.28%
3rd	Peggy Richardson	-5.70%
4th	Adriana Velezco-sanchez	-4.66%
5th	Juan Gonzalez	-4.47%
6th	Katy French	-4.29%
7th	Ana Toledo	-4.23%
8th	Don Clark	-4.10%
9th	Janien Lau-Thompson	-3.78%
10th	Sandra Brown	-3.25%

## **HEALTH TIP OF THE WEEK:**

**Get creative and enjoy your workout again!**

Is your workout routine getting old and boring? Challenge yourself to have more fun reaching your goals! Find a way to fit in a fun or enjoyable activity that will still give you a great workout.

- Encourage your family or spouse to go on a walk after dinner.
- Check to see if there any dance classes offered at local gyms. (Zumba is a fun way to burn some serious calories!)
- Take advantage of our beautiful city... rent a kayak and get fit while enjoying the sights and sounds of the ocean!

Making your workout fun and enjoyable increases your chances of sticking to it! Renew your enthusiasm and motivation by encouraging family or friends to join you (even if it is only once a week) or make your mind up to do something you've always wanted to, but always found a reason not to! Have fun, and don't forget to laugh... it's actually a great workout too!

**Together Evaluating Assessing Managing Life Improvements For Employees**





**PALOMAR COLLEGE SPRING 2011**

# **BIGGEST LOSER**

**Employee Weight Loss Challenge**



## **Week #7 Results!**

week #7 results		
place	Team number	team average % weight loss
1st	4-check us out!	-4.31%
2nd	8-Downsize me	-3.19%
3rd	2-WEIGH cool!	-2.80%
4th	12- Weeble Wabbles	-2.61%
5th	3-Weightin 4 a Miracle	-1.92%
6th	7-Want2Bthin	-1.62%
7th	10- Team TNT	-1.29%
8th	1- From Fat to Flat	-0.56%
9th	9-Take it all off	-0.17%
10th	5- Weightin to WIN	0.00%
11th	6-Las Flacas	0.00%
12th	11-Lose to WIN	0.04%
total pounds lost		-160.00

WEEK 7 individual leaders!		
1st	Elaine Armstrong	-8.30%
2nd	Don Clark	-6.56%
3rd	Cheryl Delson	-6.28%
4th	Peggy Richardson	-5.20%
5th	Katy French	-4.81%
6th	Adriana Velezco-sanchez	-4.66%
7th	Juan Gonzalez	-4.47%
8th	Ana Toledo	-3.78%
9th	Pixie Valle-Peters	-3.06%
10th	Jose Ramirez	-2.95%

### **HEALTH TIP OF THE WEEK:**

**Do you really know how much you are eating?**

**I challenge you to actually truly review your diet.**

Record your diet for 3 days in a row. Write down EVERYTHING you eat and drink and the actual servings sizes. Once you have completed this, enter your entire diet into the website [www.MyPyramid.gov](http://www.MyPyramid.gov) This website will add up all of the foods you consumed and show you how well your diet stacks up against the MyPyramid recommendations, as well as, the dietary reference intakes. This is a real eye opener!!!

Attached you will see an example of a diet and the analysis.



## Here is the food displayed for **PalomarPD** on 10/3/2007

Select your serving sizes and specify how many servings you consumed for each. When you are done, click **Save & Analyze**

to save your food entry information and to analyze your food intake. If you want to make more than one day's food entry, click

**Return to Login**

to save a day's food entry information and make another day's food entry. For a record of today's food entry, click

**Print Food Record**

prior to saving food entry. To return to initial values, click

**Reset Values**

. To add or remove food items, click




**Enter Foods**






Foods Consumed	Select Serving Size	Number of Servings (Enter a number (e.g. 1.5))
BANANA (BANANAS), FRESH		
COFFEE & COCOA (MOCHA), W/ WHITENER, PRESWEETENED		
COFFEE, ESPRESSO		
DIET PEPSI		
MILK, LOWFAT		
MIXED SALAD GREENS, RAW		
RAISIN BRAN CEREAL, KELLOGG		
RED WINE		
SALAD DRESSING		
SPAGHETTI		
SPAGHETTI SAUCE W/ BEEF/MEAT, HOMEMADE		
TACO BELL 7 LAYER BURRITO		
TACO BELL TACO		
YOGURT, FRUIT VARIETY, LOWFAT		





[Print Food Record](#)



## The 2005 Dietary Guidelines (DG) Recommendations for **PalomarPD** on 10/3/2007

Click directly on the    emoticon (face) for more detailed dietary information.

Dietary Guidelines Recommendations	Emoticon	Number of cup/ oz. Equ. Eaten	Number of cup/oz. Equ. Recommended
<b>Grain</b>		9.2 oz equivalent	7 oz equivalent
<b>Vegetable</b>		4.5 cup equivalent	3 cup equivalent
<b>Fruit</b>		1.4 cup equivalent	2 cup equivalent
<b>Milk</b>		6.8 cup equivalent	3 cup equivalent
<b>Meat and Beans</b>		6 oz equivalent	6 oz equivalent

Dietary Guidelines Recommendations	Emoticon	Amount Eaten	Recommendation or Goal
<b>Total Fat</b>		32.3% of total calories	20% to 35%
<b>Saturated Fat</b>		11.2% of total calories	less than 10%
<b>Cholesterol</b>		293 mg	less than 300 mg
<b>Sodium</b>		7610 mg	less than 2300 mg
<b>Oils</b>	*	*	*
<b>Discretionary calories (solid fats, added sugars, and alcohol)</b>	*	*	*

\* Calculations for oils and discretionary calories from foods are under revision.

[More information about the Dietary Guidelines for Americans 2005](#)  
(To view this document you need [Adobe Acrobat Reader](#))

[Back](#)
[MyPyramid  
Recommendation](#)
[Nutrient Intakes](#)
[Calculate History](#)



## Nutrient Intakes For **PalomarPD** on 10/3/2007

A nutrient recommendation is a target or goal for intake of a nutrient. Your requirement for a particular nutrient is unique to you, but it is likely to be lower than the recommended number. If your intake is at or above this number, then it is probably adequate. If your intake is below this number, that does not necessarily mean an inadequate intake. If today's intake is typically what you eat, and your intake for a nutrient is at or above the recommendation, it is likely that your intake of that nutrient is adequate. To better assess your usual nutrient intake, you should report foods eaten for two or more days and review [your nutrient intake over time](#). Click [here](#) if you want to see your nutrient profile with technical assessment information.

Nutrient	Your Intake	<u>Recommendation or Acceptable Range</u>
<u>Food Energy/Total Calories (kcal)</u>	3637	<a href="#">2101</a>
<u>Protein (gm)</u>	156	46
<u>Carbohydrate (gm)</u>	453	130
<u>Total Fiber (gm)</u>	48	25
<u>Total Fat (gm)</u>	130.4	80.8 - 141.5
<u>Saturated Fat (gm)</u>	45.3	< 40.4
<u>Monounsaturated Fat (gm)</u>	44	**
<u>Polyunsaturated Fat (gm)</u>	30	**
<u>Linoleic (omega 6) (gm)</u>	26.1	12
<u>Alpha Linolenic (omega 3) (gm)</u>	3.4	1.1
<u>Cholesterol (mg)</u>	293	< 300
<u>Vitamin A (mcg RAE)</u>	1601.5	700
<u>Vitamin C (mg)</u>	100.9	75
<u>Vitamin E (mg <math>\alpha</math>-TE)</u>	24	15
<u>Thiamin (mg)</u>	2.8	1.1



<a href="#">Riboflavin (mg)</a>	5.4	1.1
<a href="#">Niacin (mg)</a>	43.6	14
<a href="#">Folate (mcg, DFE)</a>	899.7	400
<a href="#">Vitamin B6 (mg)</a>	4	1.3
<a href="#">Vitamin B12 (mcg)</a>	14.6	2.4
<a href="#">Calcium (mg)</a>	2619.3	1000
<a href="#">Phosphorus (mg)</a>	3280.2	700
<a href="#">Magnesium (mg)</a>	832.6	320
<a href="#">Iron (mg)</a>	33.8	18
<a href="#">Zinc (mg)</a>	27.5	8
<a href="#">Selenium (mcg)</a>	183.6	55
<a href="#">Potassium (mg)</a>	8264	4700
<a href="#">Sodium (mg)</a>	7610	1500 - 2300

\*\* Nutrient has no established recommendation.

[Back](#)[MyPyramid  
Recommendation](#)[HEI Score](#)[Calculate Nutrient  
History](#)





**PALOMAR COLLEGE SPRING 2011**

# **BIGGEST LOSER**

**Employee Weight Loss Challenge**



## **Week #8 Results**

week #8 results		
place	Team number	team average % weight loss
1st	4-check us out!	-4.62%
2nd	2-WEIGH cool!	-4.14%
3rd	8-Downsize me	-3.32%
4th	12- Weeble Wabbles	-2.48%
5th	7-Want2Bthin	-2.21%
6th	3-Weightin 4 a Miracle	-1.93%
7th	10- Team TNT	-1.65%
8th	1-From fat to Flat	-1.37%
9th	9-Take it all off	-0.47%
10th	5- Weightin to WIN	-0.38%
11th	6-Las Flacas	0.00%
12th	11-Lose to WIN	0.24%
total pounds lost		-189.80

WEEK 7 individual leaders!		
1st	Elaine Armstrong	-11.03%
2nd	Cheryl Delson	-6.48%
3rd	Don Clark	-6.33%
4th	Katy French	-5.59%
5th	Peggy Richardson	-5.04%
6th	Adriana Velezco-sanchez	-4.66%
7th	Patti Rodriguez	-4.14%
8th	Juan Gonzalez	-4.05%
9th	Don Thompson	-4.01%
10th	Kelly Falcone	-3.40%

### **HEALTH TIP OF THE WEEK:**

**Cut out all sugar and white flour from your diet for the next two weeks!!!!!!!!!!**

**This is a small change that can produce great benefits!!!**



**PALOMAR COLLEGE SPRING 2011**

# **BIGGEST LOSER**

**Employee Weight Loss Challenge**



## **Week #9 Results**

week #9 results		
place	Team number	team average % weight loss
1st	4-check us out!	-5.06%
2nd	2-WEIGH cool!	-4.35%
3rd	8-Downsize me	-3.47%
4th	3-Weightin 4 a Miracle	-2.57%
5th	12- Weeble Wabbles	-2.41%
6th	7-Want2Bthin	-2.30%
7th	5- Weightin to WIN	-1.78%
8th	10- Team TNT	-1.76%
9th	1- From Fat to Flat	-1.71%
10th	11-Lose to WIN	-0.39%
11th	9-Take it all off	-0.34%
12th	6-Las Flacas	0.20%
total pounds lost		-218.00

WEEK 9 individual leaders!		
1st	Elaine Armstrong	-11.03%
2nd	Cheryl Delson	-8.23%
3rd	Don Clark	-7.18%
4th	Katy French	-6.24%
5th	Juan Gonzalez	-5.74%
6th	Susan Rogers	-5.60%
7th	Adriana Velezco-sanchez	-5.25%
8th	Jose Ramirez	-4.26%
9th	Ana Toledo	-4.23%
10th	Peggy Richardson	-4.05%

### **HEALTH TIP OF THE WEEK:**

**Only one more weigh-in to complete the 10 week "Biggest Loser" challenge.**

**Final weigh-in is Wednesday April 22<sup>nd</sup>.**

Wednesday May 4<sup>th</sup> is the awards luncheon in the staff lounge at 12pm. Please join us to celebrate all of your healthy accomplishments this semester.



PALOMAR COLLEGE SPRING 2011

# BIGGEST LOSER

Employee Weight Loss Challenge



## Spring 2011 FINAL Results

4-check us out!	-4.88%
2-WEIGH cool!	-4.63%
8-Downsize me	-3.68%
7-Want2Bthin	-3.04%
12- Weeble Wabbles	-2.48%
3-Weightin 4 a Miracle	-2.45%
5- Weightin to WIN	-1.89%
10- Team TNT	-1.79%
1- From fat to Flat	-1.60%
9-Take it all off	-1.18%
11-Lose to WIN	-1.16%
6-Las Flacas	0.00%



### **4 Check us out!**

Peggy Richardson  
Cheryl Delson  
Katy French  
Laurel Moran



### **2 WEIGH cool!**

Elaine Armstrong  
Anel Gonzalez  
Karen Boguta  
Sandra Brown



### **8 Downsize Me**

Adriana Velasco-Sanchez  
Pam Dratler  
Pixie Valle-peters  
Naida Garcia

1st	Elaine Armstrong	-13.40%
2nd	Cheryl Delson	-7.61%
3rd	Don Clark	-7.35%
4th	Katy French	-6.89%
5th	Juan Gonzalez	-6.41%
6th	Susan Rogers	-5.60%
7th	Adriana Velezco-sanchez	-5.55%
8th	Sandra Brown	-5.47%
9th	Patti Rodriguez	-4.24%
10th	Ana Toledo	-4.23%
11th	Peggy Richardson	-4.05%
12th	Pixie Valle-Peters	-3.89%
13th	Don Thompson	-3.63%
14th	Jose Ramirez	-3.39%
15th	Kelly Falcone	-3.20%
16th	Polly garcia	-2.80%
17th	Naida Garcia	-2.76%
18th	Christine Barkley	-2.59%
19th	Pam Dratler	-2.54%
20th	Janien Lau-Thompson	-2.39%

Congratulations to Elaine and Don for being the top female and male "losers"!

Thank you to everyone that participated in this program!

Together we lost 241.3 pounds!!  
Woohoo!!!