



PALOMAR COLLEGE SPRING 2010

BIGGEST LOSER

Employee Weight Loss Challenge

The TEAM LIFE "Biggest Loser" challenge is a 10 week team weight loss challenge open to the Faculty and Staff of Palomar College. You can join as a team of four OR you can join as an individual and you will be placed on a team. Each team will be responsible for coming up with a creative team name.

❖ **COST**: \$15 per person OR \$20 per person with a TEAM LIFE t-shirt!

WHEN CAN YOU SIGN UP TO JOIN THE CHALLENGE?

❖ **Wednesday 2/17/10**

❖ **7-9am** in room ST-1, TEAM LIFE office

❖ **11-1pm** during the **Wellness Expo** (sponsored by TEAM LIFE).

❖ There will be a TEAM LIFE table where you can sign-up and weigh in. Please stop by!

❖ **Thursday 2/18/10**

❖ **10-12** in Kelly Falcone's office located in SW-19 (on the pool deck)

WHAT DO YOU HAVE TO DO DURING THE WEIGHT LOSS CHALLENGE?

❖ You will weigh in every **Wednesday**.

❖ **7:30-9am** in ST-1 (**ST-1** is the TEAM LIFE office)

❖ **12-1pm** in SW-19 (**SW-19** is Kelly Falcone's office on the pool deck.)

❖ The percentage of weight loss for each person and the average percentage weight loss for the team will be calculated.

❖ **Weight loss percentage example:**

❖ Starting weight of 180lbs

❖ 5 lbs loss= 2.78% loss

❖ 15 lbs loss= 8.33% loss

❖ 25 lbs loss= 13.89% loss

❖ You will receive a weekly newsletter with results.

❖ At the conclusion of the challenge there will be an awards luncheon and awards will be given to the top 3 teams and top 3 individuals



The scale we will be using is our new OMRON full body sensor scale. This scale provides you with your weight, BMI, Body fat %, muscle %, visceral fat, resting metabolism, and body age

10 WEEK CHALLENGE SCHEDULE

2/17:
1st weigh-in

2/24:
week 1

3/3:
week 2

3/10:
week 3

3/17:
week 4

3/24:
spring break

3/31:
week 6

4/7:
week 7

4/14:
week 8

4/21:
week 9

4/28:
FINAL
weigh-in

5/5:
Biggest loser
awards
luncheon

If you cannot make it during the sign-up time or if you have any questions about the challenge please send an email to Kelly Falcone kfalcone@palomar.edu