

PALOMAR'S "BIGGEST LOSER" COMPETITION SPRING 2008

Sponsored by TEAM LIFE

Together **Evaluating Assessing Managing Life Improvements** For Employees**April 10th Results****We have lost a total of 315.13 pounds!!!! Congratualtions!!!!**

Be sure to weigh in this week! We missed several of you last week.

Our "Biggest Loser" lunch time banquet is scheduled for Wednesday May 14th at noon (it was originally schedule for Thursday, please not the date change).

We only have 4 more weigh-ins: April 17th, April 24th, May 1st, and May 8th

Have you made any changes in your diet??? One of our "Biggest Losers" has found great success in cutting back on white flour in her diet. This is just one easy change you can make! Focus on lean meats, veggies, and fruits!

Patti Waterman and I will be hosting a Wellness and Fitness center weight-lifting orientation at the end of May. We hope this will be a great opportunity for you to become familiar with the center and help you develop a program that will work for you. We will offer four different times Thursday May 22nd at 5pm and 7pm and Friday May 23rd at 10am and 12pm.

Before and After	Team total pounds lost	-12.4
	Team total average percentage lost	-1.75%
Dirty Carrots	Team total pounds lost	-18.8
	Team total average percentage lost	-2.44%
Flab U Less 4	Team total pounds lost	-49.8
	Team total average percentage lost	-5.13%
Four Tons of Fun	Team total pounds lost	-14.8
	Team total average percentage lost	-2.45%
From Bites to Bits	Team total pounds lost	-17.4
	Team total average percentage lost	-2.19%
From Fat to Flat	Team total pounds lost	-42
	Team total average percentage lost	-5.68%
G-Unit	Team total pounds lost	-43.9
	Team total average percentage lost	-5.62%
Lady Bugs	Team total pounds lost	-20.2
	Team total average percentage lost	-2.71%
Now You See Us, Now You Don't	Team total pounds lost	-32.2
	Team total average percentage lost	-3.44%
The Iron Chicks	Team total pounds lost	-3
	Team total average percentage lost	-2.89%

The Shrinks	Team total pounds lost	-4.7
	Team total average percentage lost	-0.77%
The Velvet Erasers	Team total pounds lost	-24.33
	Team total average percentage lost	-3.09%
The Wanna-Be Mini-Me's	Team total pounds lost	-10.4
	Team total average percentage lost	-1.50%
Weigh Cool	Team total pounds lost	-21.2
	Team total average percentage lost	-2.75%

The following "Biggest Losers" have lost over 5% of there weight!

Martha Collins

Don Clark

Evic Oropilla

Elaine Armstrong

Jem McAdams

Kelly Falcone

Michael Lockett

Julia Coon

Maggie Godinez

Patricia Rodriguez

Devonay Olson

Sandra Brown

Lee Kerckhove

Jane Stiles

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~~~Results for April 17th~~~

TOGETHER WE HAVE LOST 357.13 LBS!!!

**Please note a change for next weeks weigh-in:** Please weigh-in on Thursday at Patti Waterman's office O-19 between 10am-12:15pm. If you need to weigh-in in the afternoon please send Patti an e-mail and let her know what time you will be there to weigh-in. We have a big Swim Meet that day at the pool.

Keep up the good work! I am truly proud of all of you for participating in this challenge and making a positive change in your Health.

If you are still having difficulty losing the pounds, I would be happy to meet with you and discuss some changes you can make. Please send me an e-mail and we can set-up an appointment. I am here for you and am eager to help. I want everyone to live a long happy healthy life and I truly hope this challenge is motivating you all to make the positive change towards health. As they say "DO IT NOW! YOU BECOME SUCCESSFUL THE MOMENT YOU START!"

### HERE ARE THE RESULTS:

|                               |                                    |        |
|-------------------------------|------------------------------------|--------|
| Before and After              | Team total pounds lost             | -13.00 |
|                               | Team total average percentage lost | -1.85% |
| Dirty Carrots                 | Team total pounds lost             | -18.80 |
|                               | Team total average percentage lost | -2.44% |
| Flab U Less 4                 | Team total pounds lost             | -54.40 |
|                               | Team total average percentage lost | -5.56% |
| Four Tons of Fun              | Team total pounds lost             | -19.60 |
|                               | Team total average percentage lost | -3.25% |
| From Bites to Bits            | Team total pounds lost             | -23.60 |
|                               | Team total average percentage lost | -2.74% |
| From Fat to Flat              | Team total pounds lost             | -53.60 |
|                               | Team total average percentage lost | -7.21% |
| G-Unit                        | Team total pounds lost             | -47.40 |
|                               | Team total average percentage lost | -6.10% |
| Lady Bugs                     | Team total pounds lost             | -20.80 |
|                               | Team total average percentage lost | -3.71% |
| Now You See Us, Now You Don't | Team total pounds lost             | -28.00 |
|                               | Team total average percentage lost | -3.00% |

|                        |                                    |        |
|------------------------|------------------------------------|--------|
| The Iron Chicks        | Team total pounds lost             | -7.20  |
|                        | Team total average percentage lost | -0.62% |
| The Shrinks            | Team total pounds lost             | -8.20  |
|                        | Team total average percentage lost | -1.28% |
| The Velvet Erasers     | Team total pounds lost             | -29.13 |
|                        | Team total average percentage lost | -3.65% |
| The Wanna-Be Mini-Me's | Team total pounds lost             | -10.20 |
|                        | Team total average percentage lost | -1.48% |
| Weigh Cool             | Team total pounds lost             | -23.20 |
|                        | Team total average percentage lost | -3.00% |

## PALOMAR'S "BIGGEST LOSER" COMPETITION SPRING 2008

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~~~Results for April 24th~~~

TOGETHER WE HAVE LOST 387.93 LBS!!!

We only have 2 more weigh-ins: May 1st and May 8th

Please be sure to weigh-in at the final two weigh-ins. Even if you have not weighed in lately please make it to the last two weigh-ins. It's the last weigh-in that counts! Your teams score will be based on the final weigh-in on May 8th, so even if you have not weighed-in lately you can still help your team and be involved in your teams success at the end!

The "Biggest Loser" banquet is scheduled for Wednesday May 14th at 12pm in the Staff Lounge. Don't miss the banquet there may be something special there for you!

HERE ARE THE RESULTS:

| | | |
|-------------------------------|------------------------------------|--------|
| Before and After | Team total pounds lost | -12.20 |
| | Team total average percentage lost | -1.72% |
| Dirty Carrots | Team total pounds lost | -18.80 |
| | Team total average percentage lost | -2.44% |
| Flab U Less 4 | Team total pounds lost | -58.20 |
| | Team total average percentage lost | -5.86% |
| Four Tons of Fun | Team total pounds lost | -20.80 |
| | Team total average percentage lost | -3.44% |
| From Bites to Bits | Team total pounds lost | -28.00 |
| | Team total average percentage lost | -3.35% |
| From Fat to Flat | Team total pounds lost | -57.20 |
| | Team total average percentage lost | -7.70% |
| G-Unit | Team total pounds lost | -52.40 |
| | Team total average percentage lost | -6.74% |
| Lady Bugs | Team total pounds lost | -19.80 |
| | Team total average percentage lost | -3.41% |
| Now You See Us, Now You Don't | Team total pounds lost | -31.40 |
| | Team total average percentage lost | -3.36% |
| The Iron Chicks | Team total pounds lost | -7.80 |
| | Team total average percentage lost | -1.15% |
| The Shrinks | Team total pounds lost | -11.60 |
| | Team total average percentage lost | -1.81% |

| | | |
|------------------------|------------------------------------|--------|
| The Velvet Erasers | Team total pounds lost | -29.13 |
| | Team total average percentage lost | -3.65% |
| The Wanna-Be Mini-Me's | Team total pounds lost | -13.40 |
| | Team total average percentage lost | -1.94% |
| Weigh Cool | Team total pounds lost | -27.20 |
| | Team total average percentage lost | -3.56% |

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Congratulations!!!! as a group we have lost a total of 287.73 lbs!

Take a moment to write down all of the activity you do during the week, and be very honest! Write down the activity/activities you are doing and how hard you are working. I want you to commit to doing 20% more than you are doing right now. Either workout 20% harder than you were working, therefore increasing your intensity, or workout 20% longer than you are currently working out. You have to make a commitment to yourself. I know there is never enough time in the day, but you have to make the time. Do this for yourself. As one of our Biggest Losers told me this week "I am behind on my grading because I made myself commit to my workouts!". We have 5 more weigh-ins, that means 5 more weeks to reach your goals. You have 5 weeks to make the commitment! It's very easy to talk about what you should be doing, NOW IT'S TIME TO PUT ALL THAT TALK INTO ACTION!

Remember: In order to lose weight you have to expend more calories than you consume. It really is that simple. Almost everything you consume has calories. Calories are energy. If we do not use up the energy that we consume then it is stored as fat. If we expend more energy than we consume through food then we have to use our stored fat for energy and we lose weight.

WATER EXERCISE OPPORTUNITY: You can join Patti Waterman's Water exercise class from 9-10am on Tue/Thur OR she will hold lap swim from 4-5pm and water exercise from 5-6pm on Tue/Thur. I hope to see many of you joining Patti Waterman in the Water!

If you have not received your blue workout towel please let us know! Patti says "keep your blue ribbon workout towel next to you to remind you that you are a winner!" and as one of our biggest losers said "I'll bite on it hard when I get hungry".

I didn't get to see many of your beautiful faces at weigh-in this week!!! Make sure you come to your weekly weigh-in, I think we missed out on weighing-in 9 people this week!

Here's the Results thus far:

| | | |
|--------------------|------------------------------------|--------|
| Before and After | Team total pounds lost | -10.20 |
| | Team total average percentage lost | -1.44% |
| Dirty Carrots | Team total pounds lost | -13.00 |
| | Team total average percentage lost | -1.81% |
| Before and After | Team total pounds lost | -10.20 |
| | Team total average percentage lost | -1.44% |
| Dirty Carrots | Team total pounds lost | -13.00 |
| | Team total average percentage lost | -1.81% |
| Flab U Less 4 | Team total pounds lost | -39.20 |
| | Team total average percentage lost | -4.03% |
| Four Tons of Fun | Team total pounds lost | -12.80 |
| | Team total average percentage lost | -2.13% |
| From Bites to Bits | Team total pounds lost | -16.00 |
| | Team total average percentage lost | -1.94% |
| From Fat to Flat | Team total pounds lost | -40.40 |

| | | |
|-------------------------------|------------------------------------|--------|
| | Team total average percentage lost | -5.46% |
| G-Unit | Team total pounds lost | -34.00 |
| | Team total average percentage lost | -4.25% |
| Lady Bugs | Team total pounds lost | -15.40 |
| | Team total average percentage lost | -2.76% |
| Now You See Us, Now You Don't | Team total pounds lost | -27.20 |
| | Team total average percentage lost | -2.91% |
| The Iron Chicks | Team total pounds lost | 1.00 |
| | Team total average percentage lost | 0.20% |
| The Shrinks | Team total pounds lost | -6.60 |
| | Team total average percentage lost | -1.04% |
| The Velvet Erasers | Team total pounds lost | -21.33 |
| | Team total average percentage lost | -2.69% |
| The Wanna-Be Mini-Me's | Team total pounds lost | -8.40 |
| | Team total average percentage lost | -1.16% |
| Weigh Cool | Team total pounds lost | -21.00 |
| | Team total average percentage lost | -2.74% |

| |
|---|
| The following have lost over 5% of their weight |
| Evic Oropilla |
| Jem McAdams |
| Kelly Falcone |
| Michael Lockett |
| Julia Coon |
| Patricia Rodriguez |
| Lee Kerckhove |
| Jane Stiles |
| The following have lost over 4% of their weight |
| Don Clark |
| Elaine Armstrong |
| Devonay Olson |
| Sandra Brown |

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Congratulations for another great week. Remember this competition goes until May 8th, so there is still plenty of time to see results. Those that are losing a lot right now, you have to keep that weight off! Be sure that you are making lifestyle changes in your life that you can continue with. If you have not lost the amount of weight that you wanted, please don't get discouraged, start making the changes now and you WILL see a difference in the future. Again, if you want any assistance please let me know. And I encourage ALL of you to go to one of the seminars next week that Diane Boldt has kindly offered to give. I am very proud of each of you and I hope this challenge is helping you with the motivation to make the healthy living changes in your life.

I provided a little more detailed data this week. For each team you have your total pounds lost, your average percentage lost among the group, your total percentage lost, the change in pounds for the week, and the change in percentage for the week

| | | |
|--------------------|------------------------------------|--------|
| Before and After | Team total pounds lost | -8.8 |
| | Team total average percentage lost | -1.25% |
| | Team weekly pounds change | -4.2 |
| | Team total percentage lost | -5.01% |
| | Team weekly percentage change | -2.57% |
| Dirty Carrots | Team total pounds lost | 2.8 |
| | Team total average percentage lost | 0.48% |
| | Team weekly pounds change | 0 |
| | Team total percentage lost | 1.94% |
| | Team weekly percentage change | 0.00% |
| Flab U Less 4 | Team total pounds lost | -24.2 |
| | Team total average percentage lost | -2.29% |
| | Team weekly pounds change | -3.2 |
| | Team total percentage lost | -9.17% |
| | Team weekly percentage change | -1.37% |
| Four Tons of Fun | Team total pounds lost | -6.6 |
| | Team total average percentage lost | -1.09% |
| | Team weekly pounds change | -1.4 |
| | Team total percentage lost | -4.34% |
| | Team weekly percentage change | -0.97% |
| From Bites to Bits | Team total pounds lost | -7.4 |
| | Team total average percentage lost | -0.73% |
| | Team weekly pounds change | -2.6 |
| | Team total percentage lost | -2.91% |
| | Team weekly percentage change | -1.26% |

| | | |
|-------------------------------|------------------------------------|---------|
| From Fat to Flat | Team total pounds lost | -28.8 |
| | Team total average percentage lost | -3.85% |
| | Team weekly pounds change | -11 |
| | Team total percentage lost | -15.42% |
| | Team weekly percentage change | -5.86% |
| G-Unit | Team total pounds lost | -20 |
| | Team total average percentage lost | -2.51% |
| | Team weekly pounds change | -5 |
| | Team total percentage lost | -10.06% |
| | Team weekly percentage change | -2.66% |
| Lady Bugs | Team total pounds lost | -12 |
| | Team total average percentage lost | -1.52% |
| | Team weekly pounds change | -5.4 |
| | Team total percentage lost | -6.09% |
| | Team weekly percentage change | -2.86% |
| Now You See Us, Now You Don't | Team total pounds lost | -15 |
| | Team total average percentage lost | -1.56% |
| | Team weekly pounds change | 0.8 |
| | Team total percentage lost | -6.25% |
| | Team weekly percentage change | 0.32% |
| The Iron Chicks | Team total pounds lost | -4.4 |
| | Team total average percentage lost | -0.69% |
| | Team weekly pounds change | -2.4 |
| | Team total percentage lost | -2.77% |
| | Team weekly percentage change | -1.36% |
| The Shrinks | Team total pounds lost | -5.8 |
| | Team total average percentage lost | -0.90% |
| | Team weekly pounds change | -2 |
| | Team total percentage lost | -3.58% |
| | Team weekly percentage change | -1.43% |
| The Velvet Erasers | Team total pounds lost | -9.6 |
| | Team total average percentage lost | -1.07% |
| | Team weekly pounds change | -1 |
| | Team total percentage lost | -4.27% |
| | Team weekly percentage change | -0.39% |
| The Wanna-Be Mini-Me's | Team total pounds lost | 0.2 |

| | |
|------------------------------------|-------|
| Team total average percentage lost | 0.10% |
| Team weekly pounds change | 0 |
| Team total percentage lost | 0.38% |
| Team weekly percentage change | 0.09% |

Weigh Cool

| | |
|------------------------------------|--------|
| Team total pounds lost | -17.2 |
| Team total average percentage lost | -2.33% |
| Team weekly pounds change | -5.8 |
| Team total percentage lost | -9.33% |
| Team weekly percentage change | -3.14% |

| | |
|--------------------------|--------|
| TOTAL POUNDS LOST BY ALL | -156.8 |
|--------------------------|--------|

| The Following competitors have lost over 3.5% of their body weight: | The following competitors have lost between 3.0-3.49% of their body weight: |
|---|---|
| Don Clark | Evic Oropilla |
| Michael Lockett | Jem McAdams |
| Devonay Olson | Kelly Falcone |
| Jane Stiles | Julia Coon |
| Sheena Aque | Lee Kerckhove |

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WEEK 4 ~ March 20th

It's the end of the first month of the competition. We have officially weighed-in 4 times! Next week is Spring Break and we will not have a weigh-in. You have two weeks until our next weigh-in which will be our halfway mark. **We will be giving awards to the 1st, 2nd, and 3rd place team at this halfway point so make sure to stay on track over Spring Break!**

WATER WORKOUTS!

When we return from Spring Break we will be offering some opportunities for you to workout in the WATER!!! You can join Patti Waterman's Water exercise class from 9-10am on Tue/Thur OR she will hold lap swim from 4-5pm and water exercise from 5-6pm on Tue/Thur. I hope to see many of you joining Patti Waterman in the Water!

CAMPUS WALKS

We would like to start a campus wide promotion of afternoon and evening walks. Just meet at the Clock Tower everyday at noon or 5pm and meet some of your co-workers for a fitness walk and social time. Lets work together to promote this fitness opportunity and increase our campus health.

AWARDS CEREMONY

This competition ends Thursday May 8th. We will be holding an Awards ceremony on Thursday May 15th from 12-1pm in the Staff Lounge, so save the date!

POKER WALK

Team Life will be hosting a POKER WALK on Wednesday April 16th at 12pm. This is just another fun opportunity to get out and move around campus with your friends!

| WEEK 4 RESULTS | | | | | The following have lost over 4% |
|-------------------------------|------------|--------|----------------|--------|---------------------------------|
| From Fat to Flat | Avg % Lost | -4.26% | Total LBS Lost | -31.8 | Don Clark |
| Flab U Less 4 | Avg % Lost | -3.28% | Total LBS Lost | -32.4 | Eric Oropilla |
| G-Unit | Avg % Lost | -3.26% | Total LBS Lost | -25.5 | Jem McAdams |
| Now You See Us, Now You Don't | Avg % Lost | -2.76% | Total LBS Lost | -26.4 | Kelly Falcone |
| Weigh Cool | Avg % Lost | -2.47% | Total LBS Lost | -18.2 | Michael Lockett |
| Dirty Carrots | Avg % Lost | -1.81% | Total LBS Lost | -13 | Patricia Rodriguez |
| Lady Bugs | Avg % Lost | -1.76% | Total LBS Lost | -13.4 | Sandra Brown |
| The Velvet Erasers | Avg % Lost | -1.76% | Total LBS Lost | -14.73 | Lee Kerckhove |
| Before and After | Avg % Lost | -1.67% | Total LBS Lost | -12.4 | Jane Stiles |
| Four Tons of Fun | Avg % Lost | -1.36% | Total LBS Lost | -8.6 | The following have lost over 3% |
| The Shrinks | Avg % Lost | -1.04% | Total LBS Lost | -6.6 | Martha Collins |
| The Iron Chicks | Avg % Lost | -0.76% | Total LBS Lost | -5.2 | Julia Coon |
| From Bites to Bits | Avg % Lost | -0.63% | Total LBS Lost | -6 | Devonay Olson |
| The Wanna-Be Mini-Me's | Avg % Lost | -0.53% | Total LBS Lost | -3.6 | Sheena Aque |

AS A GROUP WE HAVE LOST -218 LBS

We have lost an entire person!!!!!!!!!!!!!!!!!!!!!!

*****Many of you are seeing great results from your weight loss efforts. I would love to hear about some of the changes you have made to help you reach your goal. Please feel free to e-mail me with any suggestions or easy changes you made and I will put an e-mail together with all of your pointers! This is a great opportunity for you to help the entire group reach our weight loss goals!*****

TEAM LIFE

The Biggest Loser

I want to start by saying thank you so much for joining this challenge! Patti Waterman and I were both very excited and surprised to see such a great turn-out at our first weigh-in.

Here are the weekly weigh-in times:

Thursdays 11:30-12:30 in O-19 with Patti Waterman OR Thursdays 9:30-11am or 1-3pm at the pool with Kelly Falcone (we have so many people in the challenge we had to add more time options!). I also have two people coming between 12-1pm on Wednesdays. (at the pool).

So, lets get started!

Start with one nutrition change and one activity change.

Nutrition Change:

Evaluate your diet, what is one easy change you can make today? Are you someone who eats smaller portions, but makes bad food decisions (i.e. fast food), or are you someone that tends to make healthy choices, but eats just too much food (i.e. large portion sizes)? Here are some suggestions for cutting calories:

Drink water instead of soda and save yourself 240 calories for every 12 ounces! Ask for non-fat milk at Starbucks. Eat whole wheat bread instead of white bread. Cut down your usual portions; only eat half and save the other half for later. Use salad dressings sparingly (most dressings are very fattening!). Start educating yourself about the foods you eat. How many calories is your favorite meal? How many fat grams does it have? Here is an awesome website that has almost every restaurant and food choice in its database for you to see: www.calorieking.com

Activity Change:

If you have not been very active, start by adding little changes to your life, i.e. take the stairs not the elevator, park further away and make yourself walk a little further, get a pedometer (measure how many steps you take) and just start by try to increase your amount of steps per day by 500 steps, instead of e-mailing your co-worker go to their office and talk to them in person. There are many little changes you can make to start increasing your activity level and thus expending more calories.

****Walk with one of our Team Life committee members every Wednesday at noon.
Just meet at the clock tower!****

Exercise is different from activity in that it is something that is planned and structured. Here are the guidelines for an exercise program that are

You should perform CARDIO exercises, anything that keeps the heart rate increased for a duration of time (i.e. running, waling, swimming, bicycling), 3-5 days per week. When doing Cardio exercises take your heart rate several times and see how hard it is working. You should be doing cardio at least 20 minutes with your heart rate within your target heart rate range. Your target heart rate range is 65-85% of your maximum heart rate. To calculate you maximum heart rate subtract your age from 220 ($HR_{max}=220-\text{age}$). You should be doing STRENGTH training 2-3 days/week. For general fitness perform 2 sets of 12 repetitions. Choose a weight where the last repetition is hard. Be sure to lift every major muscle group.

*****For help on developing a program please set-up a meeting with
Patti Waterman or Kelly Falcone*****

Weight Management

If you expend the same amount of calories as you consume you will maintain your weight. If you consume less calories than you expend then you will lose weight! 3,500 calories = 1 pound. So, if your goal is to lose 1 pound per week, you need to consume about 500 calories a day less than you expend.

How do you expend calories? About 60% of the calories you expend daily are for your body to survive, this is your resting metabolic rate. How can you increase your RMR? The more muscle you have the higher your RMR will be, so get to the gym and strength train and you will burn more calories while you sit here and read this! How awesome is that! There are several metabolic rate calculators on-line here is a simple one to get an idea of how many calories you need to consume to maintain your current weight:

http://www.webmd.com/content/tools/1/calc_metabolism.htm

Here is an example of weight loss percentages based on your weight:

| Starting weight | weight loss | | | | |
|-----------------|-------------|--------|--------|--------|--------|
| | 5 lbs | 10 lbs | 15 lbs | 20 lbs | 25 lbs |
| 250 | 2.00% | 4.00% | 6.00% | 8.00% | 10.00% |
| 240 | 2.08% | 4.17% | 6.25% | 8.33% | 10.42% |
| 230 | 2.17% | 4.35% | 6.52% | 8.70% | 10.87% |
| 220 | 2.27% | 4.55% | 6.82% | 9.09% | 11.36% |
| 210 | 2.38% | 4.76% | 7.14% | 9.52% | 11.90% |
| 200 | 2.50% | 5.00% | 7.50% | 10.00% | 12.50% |
| 190 | 2.63% | 5.26% | 7.89% | 10.53% | 13.16% |
| 180 | 2.78% | 5.56% | 8.33% | 11.11% | 13.89% |
| 170 | 2.94% | 5.88% | 8.82% | 11.76% | 14.71% |
| 160 | 3.13% | 6.25% | 9.38% | 12.50% | 15.63% |
| 150 | 3.33% | 6.67% | 10.00% | 13.33% | 16.67% |
| 140 | 3.57% | 7.14% | 10.71% | 14.29% | 17.86% |
| 130 | 3.85% | 7.69% | 11.54% | 15.38% | 19.23% |
| 120 | 4.17% | 8.33% | 12.50% | 16.67% | 20.83% |

Here are the Team Names:

From Fat To Flat
From Bites to Bits
Lady Bugs
The Wanna-Be Mini-Me's
The Iron Chicks
The Shrinks
Weigh Cool
Flabulous
Four Tons of Fun
Before & After
Now You See Us Now You Don't
The Velvet Erasers
G-Unit
Dirty Carrots

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~~~Results for May 1st~~~

TOGETHER WE HAVE LOST 396.33 LBS!!!

Lets work together to break the 400 pound mark!

Here's a little look at how much progress we have made:

week 1: 119.2lbs, week 2: 156.8lbs, week 3: 218lbs, week 4: 287.13lbs, week 5: 315.13lbs,  
week 6: 357.13lbs, week 7: 387.93lbs, week 8: 396.33lbs

**This is the last week of the competition! Please make sure to weigh-in this week, even if you have not been able to weigh-in the last few weeks!**

The "Biggest Loser" end of competition celebration is scheduled for Wednesday May 14th at 12pm in the Staff Lounge. Don't miss the banquet there may be something special there for you!

### HERE ARE THE RESULTS:

|                               |                                    |        |
|-------------------------------|------------------------------------|--------|
| Before and After              | Team total pounds lost             | -12.20 |
|                               | Team total average percentage lost | -1.72% |
| Dirty Carrots                 | Team total pounds lost             | -23.40 |
|                               | Team total average percentage lost | -2.93% |
| Flab U Less 4                 | Team total pounds lost             | -63.40 |
|                               | Team total average percentage lost | -6.22% |
| Four Tons of Fun              | Team total pounds lost             | -20.20 |
|                               | Team total average percentage lost | -3.29% |
| From Bites to Bits            | Team total pounds lost             | -24.00 |
|                               | Team total average percentage lost | -2.87% |
| From Fat to Flat              | Team total pounds lost             | -60.00 |
|                               | Team total average percentage lost | -8.08% |
| G-Unit                        | Team total pounds lost             | -52.20 |
|                               | Team total average percentage lost | -6.71% |
| Lady Bugs                     | Team total pounds lost             | -24.40 |
|                               | Team total average percentage lost | -4.41% |
| Now You See Us, Now You Don't | Team total pounds lost             | -35.00 |
|                               | Team total average percentage lost | -3.74% |
| The Iron Chicks               | Team total pounds lost             | -7.20  |
|                               | Team total average percentage lost | -0.65% |
| The Shrinks                   | Team total pounds lost             | -13.20 |
|                               | Team total average percentage lost | -2.02% |



|                        |                                    |        |
|------------------------|------------------------------------|--------|
| The Velvet Erasers     | Team total pounds lost             | -29.13 |
|                        | Team total average percentage lost | -3.65% |
| The Wanna-Be Mini-Me's | Team total pounds lost             | -12.00 |
|                        | Team total average percentage lost | -1.71% |
| Weigh Cool             | Team total pounds lost             | -20.00 |
|                        | Team total average percentage lost | -2.46% |

## **PALOMAR'S "BIGGEST LOSER" COMPETITION SPRING 2008**

Sponsored by TEAM LIFE

Together Evaluating Assessing Managing Life Improvements For Employees

### **~~~The FINAL Results! May 8th~~~**

Thank you all so much for your participation, I know it has not been easy to step on that scale every week for 10 weeks! I hope this challenge has been a positive experience for you and I hope you continue on your weight loss challenge this summer!

I hope to see ALL of you on Wednesday in the Staff Lounge at 12pm for our end of the challenge celebration.

We WILL be having another "Biggest Loser" competition in the Fall, I look forward to seeing all of you again next semester. Details will be distributed at the Fall Plenary sessions.

HERE'S WHAT YOU HAVE ALL BEEN WAITING FOR.... DRUM ROLL PLEASE.....

**Together we have lost a total of 442.83lbs!!!!!!!!!!**

Here are the Team results:

| Place | Team Name                     | total pounds lost | Team Average<br>percentage of weight lost |
|-------|-------------------------------|-------------------|-------------------------------------------|
| 1     | From Fat to Flat              | -71.00            | -9.55%                                    |
| 2     | Flab U Less 4                 | -80.00            | -8.31%                                    |
| 3     | G-Unit                        | -63.30            | -8.18%                                    |
| 4     | Lady Bugs                     | -26.80            | -4.86%                                    |
| 5     | The Velvet Erasers            | -33.33            | -4.21%                                    |
| 6     | Now You See Us, Now You Don't | -35.40            | -3.79%                                    |
| 7     | Four Tons of Fun              | -19.20            | -3.18%                                    |
| 8     | From Bites to Bits            | -24.20            | -2.95%                                    |
| 9     | Dirty Carrots                 | -23.40            | -2.93%                                    |
| 10    | Weigh Cool                    | -19.80            | -2.38%                                    |
| 11    | The Wanna-Be Mini-Me's        | -13.60            | -1.98%                                    |
| 12    | The Shrinks                   | -12.60            | -1.95%                                    |
| 13    | Before and After              | -12.40            | -1.69%                                    |
| 14    | The Iron Chicks               | -7.80             | -0.76%                                    |

Total weight loss

-442.83