

Biggest Loser 2008

In This Issue

- Team Standings
- The Sports & Fitness Challenge
- Trainers Corner
- Massage Therapy

"There are three constants in life..... Change, Choice and Principles"
- Steven Covey-

Next Issue

- Team Standings
- Sports & Fitness Challenge Results
- The Final Challenge
- Trainers Corner



Team Standings

The results below are calculated by taking the total team weight lost and dividing it by total body weight from the initial weigh in. These standings can be misleading, as many participants choose not to weigh-in as a strategy. The "Weighed -In" column notes how many participants on a given team participated in the weigh-in.

Team Name/Captain	Trainer	Weighed- In	% Lost
Julie's Losers/ Julie Smith		5	3.76 %
Team 13/Sarah Crouse		3	3.21 %
Team Ooze/ Scott Flading		3	2.93 %
MaryAnnes's Divas/ Susan Ehlers	MaryAnne Couchman	5	2.04 %
Lighten Up/Trina Beeching		3	1.39 %
Shrinking Winners/Kelly Hothem		1	0.97 %
Hurricane #1		1	0.78 %
Team 5/Stephanie Ishmael	Mitch Potterf	1	0.53 %
Wonder Women	Nichelle Harris	3	- 0.22 %
Hurricane #2/Mary Ann Haynes			
GOYADS			
Team 4 /Debbie Jindra			
Team 12/ Betsy Kale			
A New Direction/Kim Wilson			
Team 15/ Kathy House			
Marc & Company/ Marc Woerlein			
Brian Palmer Team			
The Dave Scheiderer 5/ Dave Scheiderer			

Trainers Corner- Nichelle Harris

I had a client once say to me, "I can't wait until I am fit so I can stop coming in to the gym."

People hire personal trainers for a variety of reasons. Some want an expert to lead the way, some want that one -on-one attention, some want a coach and others just want someone to make sure they show up. Trainers can

do a lot of fantastic things for their clients, including providing safety through spotting and keeping workouts fresh and new. But what a trainer CAN'T do is give you the lifelong gift of fitness. Many things like eating habits and lifestyle choices can play a large part in a person's fitness level. Realistically these factors will not be counteracted by 2 hours a week with a trainer.

But when a person has made a commitment, to their overall health as an ongoing process then the trainer can be used as a tool to try to achieve the highest level of fitness that they can reach. Whatever role you want your trainer to take, the road to fitness is more of a journey and less of a destination. And you, not your trainer, are the pilot.

Personal Training Coupon

Get Fit Package for \$225
Stay Fit Package for \$200
Six Sessions for \$150

Must be redeemed by April 5, 2008
For Biggest Loser 2008 participants only
Limit one coupon per individual

Sports & Fitness Challenge

So far 6 teams have registered for the Sports & Fitness Challenge. It is still not too late to register but we do need your registration info by Thursday at 9:30 PM. Below is a list of the events in order and some details. First place in each event will receive 3 challenge points, second place in each event will receive 2 challenge points and third place in each event will receive 1 challenge point. The team with the most points at the end wins the challenge. The first place team for the event will receive a 3 lb bonus at the end of the contest followed by a 2 lb bonus for second place and a 1 lb bonus for third place. In addition the team that wins the Sports and Fitness Challenge will get their choice of mystery prizes either a Mind Prize or Spirit Prize.

Volleyball Distance Serve Participants will have 3 minutes to hit as many targets as possible. Every time a target is hit they must touch the net and start over. The person hitting the most targets in the time limit wins.

Shuttle Run Participants will race in a half court shuttle run. The winners will be determined by head to head racing.

Softball Accuracy Pitch Participants have 5 minutes to hit the target as many times as possible. Each time the target is hit they must run the bases. The team who hits the target the most wins.

Basketball Speed Shot Participants will start under the basket, run to the three point line and proceed to the first shooting mark. Participants may only shoot from designated areas and must rebound their own ball. They cannot proceed to the next mark until they have made a shot from the previous mark. Participants will have 3 minutes to make as many shots from designated spots as they can. The participant making the most shots wins.

Personal Trainer's Strength Challenge Participants will race to complete a bodyweight strength obstacle course including push ups, squats, lunges, crunches and dips.

Cardio Box. This is a great way for team members to earn points simply for participating. The Cardio box will be filled with group cycling bikes. As long as your team keeps the pedals moving on your bike through out the duration of the challenge your team will receive 5 points to be added to your team total at the end of the challenge

Massage Therapy – Misty Gish

Massage Therapy has many physical and mental benefits and is an important factor in relieving the stress and tension in everyday living. Not only does massage make us feel relaxed, but it is used to treat a variety of chronic conditions, such as migraines, fibromyalgia, and arthritis. Massage has an effect on every system in the human body. Physically it calms the nervous system, lowers blood pressure, stretches tendons and ligaments, releases toxins and cellular waste and boosts the immune system. Mentally massage clears the mind, induces sleep and gives us an

overall feeling of comfort and wellbeing.

Massage Therapy is especially beneficial when starting a new workout routine. Massage will stretch and loosen the muscle tissue while increasing circulation throughout the body. The increased circulation brings nutrients into the muscle and removes stagnant cellular waste that contributes to sore muscles. This builds muscle tissue and helps increase the body's metabolic rate.

At the YMCA we offer different types of Therapeutic Massage which include Swedish Massage,

Deep Tissue Massage, Sports Massage, Prenatal and Postnatal Massage and Neuromuscular Therapy. We use a combination of modalities and techniques to ensure that each massage session is individualized to meet the needs of our patients

Whether it is to relax after a long work week or you are training for the next marathon (or after a team challenge). Massage offers something for everyone. I am Misty Gish, Licensed Massage Therapist, I look forward to meeting you. If you have any questions or to schedule an appointment stop by the front desk or call the YMCA at 937-578-4250.

Massage Therapy Coupon 10% off any package

30 Minute Massage	Member – \$ 33.65	Non-Member – \$ 43.14
60 Minute Massage	Member – \$ 47.93	Non-Member – \$ 57.51
90 Minute Massage	Member – \$ 71.88	Non-Member – \$ 86.27
120 Minute Massage	Member – \$ 95.85	Non-Member – \$ 113.40

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Limit one coupon per individual – Listed prices include 10% discount and sales tax