

Biggest Loser 2008

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Responsibility

The willingness to accept responsibility for one's own life is the source from which self-respect springs.

~Joan Didion

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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. Please note all team members must weigh -in at the end of the contest for a team to be eligible to win prizes.

Team Name/Captain	Trainer	Weighed- In	% Lost
Team 13/Sarah Crouse		4	3.6 %
Julie's Losers/ Julie Smith		3	3.58 %
Team Ooze/ Scott Flading		1	3%
GOYADS/Tara Marlette		4	2.9 %
Team 5/Stephanie Ishmael	Mitch Potterf	4	2.85 %
MaryAnnes's Divas/ Susan Ehlers	MaryAnne Couchman	5	2.09 %
Team 4 /Debbie Jindra		1	1.7 %
Hurricane #1/Sue Borawski		2	1.34 %
Shrinking Winners/Kelly Hothem		1	0.9 %
Brian Palmer Team/ Brian Palmer		1	0.82 %
Team 12/ Betsy Kale		2	0.61 %
Wonder Woman/Carol Navin	Nichelle Harris	3	-0.3 %
Hurricane #2/Mary Ann Haynes			
Lighten Up/Trina Beeching			
A New Direction/Kim Wilson			
Team 15/ Kathy House			
Marc & Company/ Marc Woerlein			
The Dave Scheiderer 5/ Dave Scheiderer			

Trainers Corner- Mitch Potterf

It has been nine weeks since we started this program. Some of you are making great progress, others need to reevaluate your commitment and some of you have hit a sticking point. Maybe you have stopped seeing the results you did initially. This is a normal part of the weight loss process but to get through it try some of the suggestions below to reenergize your work outs (yes you still need to do them).

Keep things varied with intervals. Interval training can boost your post-workout metabolism, potentially allowing you to burn almost twice as many calories as you would with traditional cardio workouts. The easiest move: Get on a stationary bike, elliptical trainer or AMT

and go as hard as you can for 30 seconds, rest for one minute, and go again. Do that five times. Be sure to warm up and cool down before and after your interval training.

Stay motivated with social support. Have a team meeting, work out or come to a team challenge. Your team is there for support and to help keep you accountable. Having a team and not using them is like having a membership and not using it.

Use your days off effectively. Non-training days don't necessarily mean non-active days. Aim to do 30 minutes of light cardio or stretching.

Increase resistance properly. Focus on reps before weight. If a set calls

for twelve reps, any weight where you can do 10 -12 reps is the right amount. If you can do more, increase the weight; if you can't do 8, drop back.

Write down what you eat. What you can measure you can manage. Record what you eat and it will help keep you more accountable to your plan. Loosing weight is a numbers game you have to burn more calories than you take in.

The competition only goes another three weeks. Hopefully the changes you have made will keep you focused on you health beyond that.

Keep up the hard work!

Sports & Fitness Challenge Results

Six teams braved the weather to compete in the Biggest Loser 2008 Sports & Fitness Challenge, which was held February 22nd. Events included a Volleyball serve, Softball Pitch, Shuttle Run, Basketball Speed Shot and a Personal Trainers Strength Challenge.

Team Ooze	16
Team #5	15
Julie's Losers	12
Shrinking Winners	7
Hurricane #1	6
Wonder Women	6

Team Ooze with 11 points won first and the Spirit Prize (Massage Gift Certificates for the entire team) and a 3lb end of competition weigh-in bonus. **Team # 5** with 10 points came

in second place and will receive a 2lb end of competition weigh-in bonus. In third place with 7 points and a 1 lb end of competition weigh-in bonus was **Julie's Losers**.

Sports are another great way to increase your level of activity while having fun. The purpose of the Sports and Fitness Challenge or any YMCA sports program is not to determine athletic supremacy or to win but to provide fun activities for people to help lead an active, fun lifestyle. I thank everyone that came out for the challenge. I encourage everyone to find a sport and/or activity they enjoy and participate with some friends. The Union County Family YMCA has adult sports league for softball,

basketball and volleyball. Registration for our adult volleyball league has already begun. The league will be played on Wednesday nights beginning at 7:00 p.m. Fees are \$200 per team and all registrations must be received by March 28th. Additionally from September 10th – 20th we will hold our second annual Community Challenge, a 10 day contest with everything from basketball and a 5K to corn hole and disc golf. Local employers and employees compete for the coveted Community Cup and have fun while building team moral and engaging in a friendly competition. Look for competition details and registration information this spring.

Aqua Challenge

Mark your calendar! Our final Biggest Loser 2008 Team Challenge will be held on Friday March 14th 8:000 -9:00 PM. The Aqua Challenge will take place in the YMCA Lap Pool and will feature relays and water competitions. This FREE challenge is open to all Biggest Loser participants, both members and non-members. Pre registration is required by 9:30 PM March 13th 2008. To register please complete the attached registration form and turn in at the fronts desk, fax to 937-644-9703 or e-mail to mpotterf@unioncountyyymca.org.

Aqua Footrace

Teams of 3-5 compete in a shallow water running relay race. Team members will be assigned a lane and run to the middle of the pool and return to the starting point to tag another team member. The team posting the shortest time will win the event. First place will receive 3 challenge points, second will receive 2 challenge points and third will receive one challenge point.

250 Meter Medley Relay

Teams of 3-5 compete in a medley relay race using the freestyle, breast stroke, back stroke, kickboard flutter kick stroke and doggy paddle strokes. All team members must swim one 50 meter leg of the relay. Starting blocks are optional. The team posting the shortest time will win the event. First place will receive 3 challenge points, second will receive 2 challenge points and third will receive one challenge point.

Dread the Tread

Teams of 3-5 will tread water to see which team can post the longest time. Teams must maintain at least three team members in the water at all times. All competing team members must be in the water at the start of the challenge and once they leave the water they are done for the event. Once a team no longer has three team members in the water they are finished with the event. Teams will begin with one minute treading water with their hands and feet followed by one minute with hands out of the water. Each proceeding minute challenges will be added to increase the intensity and difficulty of the event. The team posting the longest time will win the event. First place will receive 3 challenge points, second will receive 2 challenge points and third will receive one challenge point.