

Biggest Loser 2008

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Honesty

Honesty is the first
chapter in the
book of wisdom.

~Thomas Jefferson

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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
Julie's Losers/ Julie Smith		3	4.51 %
MaryAnnes's Divas/ Susan Ehlers	MaryAnne Couchman	3	2.09 %
Team 13/Sarah Crouse		1	3.58%
Team 5/Stephanie Ishmael	Mitch Potterf	1	3.39%
Wonder Woman/Carol Navin	Nichelle Harris	1	0.04%
GOYADS/Tara Marlette			
Team 4 /Debbie Jindra			
Hurricane #1/Sue Borawski			
Shrinking Winners/Kelly Hothem			
Brian Palmer Team/ Brian Palmer			
Team 12/ Betsy Kale			
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			
Team Ooze/Scott Flading			

The following teams earned weigh-in deductions for receiving first, second or third place in one of our three Biggest Loser team challenges:

Team Ooze = - 6 lbs
MaryAnne's Diva's = -5 lbs
Julie's Losers = -4 lb
Team 5 = -2lbs
Wonder Women = -1 lb

Trainers Corner- Nichelle Harris

Having worked with many clients of various fitness levels, I never cease to tire of hearing the successes they have. I have one client in particular who has come to me countless times in the past few months to share how she is reaching her goals. "I was shopping for a dress and I went down a dress size!" "I finally have the confidence to wear a little bit tighter t-shirt!" "I feel great!" Sometimes clients want to give me all the credit, but I am quick to remind them that while I was there telling them what to do, THEY were the ones who did the hard work. So how can you get the most out

of your personal training session and reach your goals? Here are a few simple tips: **Tell Your Trainer About Any Recent Injuries or Medical Conditions** – If you twisted your ankle yesterday or have frequent rotator cuff problems, make sure your trainer knows so that he or she can select exercises that are appropriate for your condition. **Tell Your Trainer Your Specific Goals** – If you have a reunion in 8 weeks or a marathon in 6 months, share those dates with your trainer. Your trainer can help you think realistically about what you can accomplish in that time and set up a plan that meets

your deadline. **Do Your Cardio!** - Most trainers lead their clients through weight sessions and ask them to do cardio on their own. Cardio and weights go hand in hand and will help you maximize your calorie burning potential. Stick to the recommended number and length of cardio workouts each week and work out within your target heart rate zone. **Help Your Trainer Push You** – When you are with a Personal Trainer, challenge yourself! Do your best to work as hard as you can. You will be rewarded for your hard work with success stories of your own! "I met my goal!"

Aqua Challenge Results

Four teams competed in the Biggest Loser 2008 Aqua Challenge, which was held on Friday, March 14th. Events included the Aqua Foot Race, the 250 Meter Medley relay (with strokes ranging from freestyle to a doggy paddle) and the Dread the Tread event (which involved treading water while doing various challenges).

Team Ooze	8
MaryAnne's Divas	5
Julie's Losers	3
Team #5	3

Team Ooze with 8 points won first and the Mind Prize (a gift book package) and a 3lb end of competition weigh-in bonus. **MaryAnne's Divas** with 5 points came in second place and

will receive a 2lb end of competition weigh-in bonus. Tied for third place were **Julie's Losers** and **Team #5**. **Julie's Losers** won the tie breaker and will receive a 1 lb end of competition bonus.

Aquatic exercise is a great way to increase your level of activity while having fun. The purpose of the Aqua Challenge was to provide an unusual venue for team competition and to remind everyone that the water is a great place to work out. I encourage everyone to try incorporating water aerobics and lap swimming into your weekly fitness program. Whether you are training for a triathlon, having fun with the kids or trying to rehab an injury, aquatic exercise is a great way

to get a good work out. Not only does it challenge your muscles and cardiovascular system, but it does so without putting any added stress on your joints.

The YMCA has an eight lane lap pool for lap swimming, playtime and aquatic exercise as well as a warm water pool to help loosen up stiff joints and perform exercises that work on flexibility and range of motion. In addition to the many family and open swim times, there are 20 water aerobics classes every week to choose from.

I thank everyone that came out for the challenge and I look forward to seeing you in the pool!

Final Weigh-In Information

Mark your calendar! Our final Biggest Loser 2008 Weigh-in will be the week of March 31st-April 5th. Remember you must weigh-in no later in the final week than you did in your first week. For example if you weighed-in on a Wednesday your final weigh-in must be on or before Wednesday of the final week. To compete for the final prizes all members of your team must weigh-in on time. We will add up your teams final weight loss plus and challenge bonus pounds and determine you teams total percentage of weight loss. All final weigh-ins are by appointment only. To register please complete the registration form below and turn in at the front desk, fax to 937-644-9703 or e-mail to mpotterf@unioncountymca.org.

Biggest Loser Final Weigh-In

Name: _____

Team Name: _____

Date: _____

Time: _____