

Biggest Loser 2008

Final Team Standings

In This Issue

Final Team Standings

Final Individual Standings

Moving Forward

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 are the final standings. Participants that did not weigh in were given their initial weigh in as a final score. Teams that did not have all 5 team members weigh in were not eligible to compete for prizes. The winner of this year's competition was **Team 5** with 7.43% of total body weight lost. Team 5 will receive \$250 in local gift certificates for their accomplishments. In second place this year, winning \$125 in local gift certificates, with 5.65% was **Julies Loser's**. Great Job teams!

"I find the great thing in this world is not so much where we stand, as in what direction we are moving: To reach the port, we must sail sometimes with the wind and sometimes against it, but we must sail, and not drift, nor lie at anchor"

~ Oliver Wendell Holmes

Team Name/Captain	Trainer	Weighed- In	% Lost
Team 5/Stephanie Ishmael	Mitch Potter	5	7.43 %
Julie's Losers/ Julie Smith		5	5.65 %
Team Ooze/Scott Flading		5	5.57 %
MaryAnnes's Divas/ Susan Ehlers	MaryAnne Couchman	5	4.84 %
GOYADS/Tara Marlette		5	4.58 %
Hurricane #1/Sue Borawski		5	3.90 %
A New Direction/ Kim Wilson		5	3.44 %
Brian Palmer Team/ Brian Palmer		5	2.00 %
Wonder Woman/Carol Navin	Nichelle Harris	5	0.01%
Team 13/Sarah Crouse		4	4.94 %
Team 15/ Kathy House		4	2.96 %
The Dave Scheiderer 5/ Dave Scheiderer		4	1.33 %
Team 11/ Trina Beeching		1	1.17 %
Shrinking Winners/Kelly Hothem		2	0.53 %
Marc & Company/ Marc Woerlein		1	0.09 %
Team 4 /Debbie Jindra		3	0.02 %
Hurricane #2/Mary Ann Haynes			
Team 12/ Betsy Kale			

Top Ten Individuals

The results below are calculated by taking the total individual weight lost and dividing it by total body weight from the initial weigh-in. These are the final standings. This year's top ten losers included a tie for fourth place. This years Biggest Loser was a close competition with .01% separating first and second place. Ron Reigel from Team 13 with 12.42% of total body weight lost is this years Biggest Loser. A close second was Lori Slawinski of Team 5 with 12.41% of total body weight lost. Third Place goes to Anthony Smith with 11.30% of total body weight lost. For their accomplishments Ron, Lori and Anthony receive event or YMCA t-shirts. To respect everyone's privacy weights are kept confidential. Final results will be e-mailed to individuals that supplied an e-mail address.

Name	Team	% Lost
1. Ron Reigel	Team 13	12.42 %
2. Lori Slawinski	Team 5	12.41 %
3. Anthony Smith	Julie's Losers	11.30 %
4. Molli Marshall	Team Ooze	10.42 %
4. Julie Smith	Julie's Losers	10.42 %
5. Greg Slawinski	Team 5	8.18 %
6. Dan Larimore	Team 5	7.74 %
7. Craig Main	Hurricane 1	7.62 %
8. John Morehart	Team 15	7.55 %
9. Carrie Weller	Julie's Losers	7.46 %



Moving Forward

This years contest had 18 teams of 5 people lose over 475 pounds. Two individuals lost over 30 pounds, two over 20 and fourteen people lost over ten pounds with an average per participant weight loss of 6.79 pounds lost.

Whether you met your weight loss goals or fell a little short, hopefully you enjoyed the contest and learned something about yourself ,weight loss and healthy, active living that will continue to benefit you in your life. Remember a healthy active life is not about losing weight over a twelve week period but about making adjustments to your eating and activity habits that lead to a long, healthy enjoyable life.

You are the sole judge of your success in this contest and after twelve weeks of focusing on weight loss take some time and reflect

on how you think you did. Did you meet your goal or fall short? When evaluating your success consider the old saying "If you always do what you have always done you will always get what you have always gotten."

With that in mind, please consider the healthy components of any weight loss program are increased physical activity, a healthy well balanced diet and a strong support system whether that be friends, family and/or professional help in the way of doctors, dieticians, support groups and fitness professionals.

We have tried to offer opportunities and advice in all these areas. Whether it was discounts on personal training and massage therapy, Weight Watchers, membership incentives or fun physical challenges. Our goal was to give you a variety of opportunities to assist you in reaching your goals.

Throughout the course of the contest I spoke with team captains and participants all of which experienced some success. All of these people had a few things in common:

1. Strong support group
2. Healthy, balanced & disciplined approach to their diet.
3. Significantly increased physical activity level.

We hope everyone enjoyed the event and is able to continue striving for your goals and maintain the healthy habits that contribute to your success. Please complete the attached survey and return via fax 937-644-9703, in person at the YMCA or e-mail to mpotterf@unioncountnymca.org

Being a Loser takes a lot of guts and hard work, keep it up!

Moving Forward Membership Special

Biggest Loser Moving Forward Membership Special

**Current YMCA 3 month short term
membership may join with no Joiner fee
Offer valid through April 30th 2008**

**Non YMCA Members may join for just a
\$10 Joiner fee
Offer valid through April 30th 2008**