

Biggest Loser 2011 Update

Hey Biggest Losers –

We are ½ way through our contest. Many of you have done a great job of weighing in weekly (this is called accountability!!) and have been successful in seeing the pounds start to melt away. Some of you need a little more effort. The good news is that there are 5 weeks left – time to lose a good 5 – 10# and finish up strong for yourself and for your team.

Here are the Top Ten Women and Men as of the halfway point:

<u>Name</u>	<u>Pounds lost</u>	<u>Percentage</u>	
Terrie Gilchrist	17.2	10.2%	Can anyone catch her??
Lori Wiley	10.0	6.8%	
Mercedes Bazemore	9.8	5.5%	
Wanda Robinson	8.8	5.5%	
Bonnie Berg	6.4	4.8%	
Rachael Podruchny	9.2	4.6%	
Faye Atkins	5.2	4.2%	
Peggy Braun	8.6	4.0%	
Pam Woods	8.2	3.9%	
Karen Jones	5.4	3.6%	
Torrence Cherry	21.4	7.2%	That's a lot of pounds!!
Gary Teagle	13.2	6.5%	
A.J. Sanders	17.2	5.6%	
Chris Wynne	9.0	5.2%	
Brian McGavran	11.0	4.6%	
Sam Jennings	9.4	4.6%	
Tommy Edwards	8.6	4.2%	
Wade Lewis	9.4	4.0%	
Tim Gavoni	7.4	3.9%	
Don Byrd	6.4	3.7%	

Terrie and Torrence are on their way to winning 3 month Flex Gym Memberships. BUT there is time to dethrone them. Let's put some real effort into these last 5 weeks.

Team 4 is still leading the Team Competition and has lead from week 1. Do your part and help your team win the \$700.00 pot – THAT'S about \$100.00 a piece for each of the winning team members.