

August 15, 2012



## July Biggest Loser winners lose big!

The following associates were the top “losers” for the month of July in the *Biggest Loser challenge*—and each won a \$25 gift card to a local sporting goods store.

Associates lost a total of 1800 pounds the first month of the challenge. (That’s roughly the equivalent of a *Smart Car*!) Associates competing in the *Biggest Loser* competition lost an average of 3.6 pounds each, and 40 participants companywide individually lost more than 10 pounds in July.

The biggest loser of all was **Morgan Bottoms**, Material Handler/Leader in Danville, who lost 12.59% of his body weight. “The main thing I did that helped was to start walking approximately two miles every night and biking an additional two miles some nights,” he said. “I also cut out all soda drinks and most sweets and ate much less than I used to.”

Location	Associate	% Lost
Bardstown	Jason Payne	4.49%
	Debbie Edelen	4.83%
Danville	<b>Morgan Bottoms</b>	<b>12.59%</b>
	Sandy Wray	7.83%
Forest City	Carl Ramsey	6.73%
	Alyssa Parris	5.05%
Greeneville	Rocky Reynolds	9.59%
	Sharon Metcalf	7.91%
Osceola	Nicolas Cole	9.31%
	Helen Johnson	7.45%
PRG - Chicago	Harsh Patel	1.89%
	Linda Porter	7.92%
PRG – Fairfield	Patty Hill	3.66%
Ripley	Michael Woodard	5.34%
	Belinda Simpson	2.82%
WHQ/Sales/FSO	Chris Foster	8.06%
	Beth Barrington	6.17%

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