

## **STOP, DROP AND ROLL!**

**Isn't that something we learned as kids if you ever caught on fire?  
Well we have some "Losers" that are on Fire!! And, there is no stopping  
them!**

**Check our Andy Burkholder and Mike Goshert, both of these Spruced Up  
Members are Blazin' Hot (just like their team)!**

**They both have lost over 50 pounds in 7-short weeks. That is unheard of  
Amazing!!**

**And, their Team is Now leading the way for 7-Weeks in a row!!**

Andy has taken over the top spot as the leading Overall Biggest Loser! He has lost 51.8 pounds and 15.73% of his body weight. Al Kruz of the Lavender Lunatics is in 2<sup>nd</sup>. Al is also smokin' HOT! This is his 2<sup>nd</sup> round. He participated in BL4, where he led most of the way and finished 2<sup>nd</sup>, and he lost 61.8 pounds, the 2<sup>nd</sup> most that anyone has ever lost in this program. To date Al has lost 75.2 pounds, and is once again a strong contender for 1<sup>st</sup> Place. Mike Goshert, has lost 50.2 pounds and 14.38% of his body weight, and holds tight to 3<sup>rd</sup> and is also a stronger contender for 1<sup>st</sup> Place. Robin Loercher of the Navy Seals, put some serious Seal training into this week to move into 4<sup>th</sup> place. She has lost 24.2 pounds and 13.36% of her body weight. This is Robin's 3<sup>rd</sup> BL, as she participated in BL4, BL5 and now BL6. Robin has lost an Amazing 85.6 pounds!! Her teammate Janet Wall rounds our out top 5. Janet has lost 30.2 pounds and 12.52% of her body weight. Congrats to our top 5!!

Also, breaking into the top 10 this week are; Darvin Eby, of the Athletic Gray Gladiators, moved from 11<sup>th</sup> to 7<sup>th</sup>, Wendi Shaffer of the Spruced Up Team, Wendi moved up from 13 to 8, and Rick Ressler of the Spruced Up Team also moved up from 11<sup>th</sup> place to 10<sup>th</sup> place. Congrats, on making it into the top 10!! Congrats to all of you that had some big jumps this week!!

**Who's gonna jump this week? Will it be you? Only you know and only you control your results--With only 3 weeks to go, the time to jump is now. Take that leap of faith and jump in with both feet if you haven't already.**

**The ride is worth it and the benefits are amazing!!**

**In the Team Standings we have the Spruced Up Team Continuing to Dominate!!**

**As a team they lost 29.8 pounds this week.**

**This team is made up of team members; Stacy Artz, Greg Buck, Jen Buck, Andy Burkholder, Gina Goshert, Mike Goshert,**

**Jen Kieffer, Mary Mikus, Rick Ressler, Nancy Sensenig, Wendi Shaffer, and Stephanie Spangler, their trainer is Anne Hess and their Mentor is Sean Molchany.**

**The Navy Seals, remain holding their 2<sup>nd</sup> place, they lost 23.3 pounds this week. And, the Athletic Gray Gladiators maintain their 3<sup>rd</sup> place by losing 14.2 pounds. Adding some crazy loonies to the mix, are the Lavender Lunatics, they were able to take over 4<sup>th</sup> place by losing 21.6 pounds. The Maroon Madness team dropped to 5<sup>th</sup>, and they lost 19.4 pounds. Way to go Teams!**

**Team Standings for Week 7**

	<b>Team</b>	<b>Total Pounds Lost</b>	<b>% Team Body Weight Lost</b>	<b>Pounds Lost Week 7</b>
<b>1<sup>st</sup> Place Team</b>	<b>Spruced Up Team</b>	<b>277.2</b>	<b>8.97%</b>	<b>29.8</b>
<b>2<sup>nd</sup> Place Team</b>	<b>Navy Seals Team</b>	<b>191.4</b>	<b>7.14%</b>	<b>23.3</b>
<b>3<sup>rd</sup> Place Team</b>	<b>Athletic Gray Gladiators Team</b>	<b>173.8</b>	<b>6.56%</b>	<b>14.2</b>
<b>4<sup>th</sup> Place Team</b>	<b>Lavender Lunatics Team</b>	<b>162</b>	<b>6.48%</b>	<b>21.6</b>
<b>5<sup>th</sup> Place Team</b>	<b>Maroon Madness Team</b>	<b>181</b>	<b>6.44%</b>	<b>19.4</b>
<b>6<sup>th</sup> Place Team</b>	<b>Purple Raisins Team</b>	<b>152.6</b>	<b>5.87%</b>	<b>10.4</b>
<b>7<sup>th</sup> Place Team</b>	<b>Texas Orange Team</b>	<b>163.8</b>	<b>5.77%</b>	<b>16.2</b>
<b>8<sup>th</sup> Place Team</b>	<b>Triumphant Turquoise Team</b>	<b>113</b>	<b>4.30%</b>	<b>9.2</b>

**Here Are the 1% Champs that have Lost 1% Every Week!**

**Congrats to all 4 of these guys they made it another week! WOOHOO!!**

**They are holding strong with only 3-weeks to go, You Can Do It!**

	<b><u>Name</u></b>	<b><u>Team</u></b>
1	Andy Burkholder	<b>Spruce</b>
2	Mike Goshert	<b>Spruce</b>
3	Rick Ressler	<b>Spruce</b>
4	Ed Miller	<b>Purple</b>

**There are now 35 of you that have averaged 1% or greater each week and are on target to hit the 10% goal by the end of the program. Will that be you? It can be as anything can happen in 3-weeks.**

**Go FOR IT, THE TIME IS NOW!!!**

**Your goal is to be at 10% weight loss by the end of the program!!**

Here are the Stats for Week 7: See below and attached.

[Top Losers of the Week for Each Team, Week 7: In Rank Order](#)

	Top Loser of The Week From Each Team	Team	Pounds Lost	% Body Weight Lost
1	Robin Loercher	Navy Seals Team	5.2 Pounds	3.21%
2	Mike Goshert	Spruced Up Team	8 Pounds	2.61%
3	Jody Fox	Maroon Madness Team	4.4 Pounds	2.24%
4	Taryn Hollister	Purple Raisins Team	4 Pounds	2.22%
5	Walt Hasselback	Lavender Lunatics Team	3.8 Pounds	2.03%
6	Adam Keller	Texas Orange Team	4.2 Pounds	1.83%
7	Darvin Eby	Athletic Gray Gladiators Team	4.8 Pounds	1.74%
8	Heather Watkins	Triumphant Turquoise Team	2.2 Pounds	1.26%

Congratulations to all of you!! You are doing Terrific!!

I have also attached the Overall Individual Standings in an Excel file.

[Here are our Top 15 Overall Individual Losers: Way to Go!!](#)

	<u>Name</u>	<u>Team</u>	<u>Pounds Lost</u>	<u>% Lost</u>
1	Andy Burkholder	Spruce	51.8	15.73%
2	Al Kurz	Lavender	33.2	15.70%
3	Mike Goshert	Spruce	50.2	14.38%
4	Robin Loercher	Navy	24.2	13.36%
5	Janet Wall	Navy	30.2	12.52%
6	Ed Miller	Purple	29.2	12.52%
7	Darvin Eby	Gray	31.8	10.51%
8	Wendi Shaffer	Spruce	21.4	10.50%
9	Rick Ressler	Spruce	23.2	10.37%
10	Toni Groff	Maroon	21.2	10.21%
11	David Albright	Purple	29.6	9.95%
12	Ginny Zimmerman	Navy	19.8	9.89%
13	Helen Kadingo	Gray	30.4	9.80%
14	Gina Goshert	Spruce	22.8	9.51%
15	Jimmy Summers	Lavender	22.4	9.23%

***As a group you have lost a total of 1425.6 pounds, which averages to about 14.7 pounds per person, that is amazing...keep it up teams, I know and Believe You Can Do It!!***

To see a list of all 97 participants and where you stand in the contest, check out the attached file, Overall Individual Standings, or scroll down to the bottom of this page.

*In addition, each week we like to recognize our Honorable Mentions. Honorable Mentions are those that lose at least 1% or more of their body weight. This should be everyone's goal each week. Congratulations, as most of you have made the Honorable Mention List!*

**Week 6: Honorable Mentions For BL 7**

**(38 of you made it this week--AWESOME)**

*(Honorable Mentions, Anyone losing over 1% for the week are congratulated for their efforts)*

	<u>Name</u>	<u>Team</u>	<u>Pounds Lost</u>	<u>% Lost</u>
1	Robin Loercher	Navy	5.2	3.21%
2	Mike Goshert	Spruce	8	2.61%
3	Ginny Zimmerman	Navy	4.2	2.28%
4	Jody Fox	Maroon	4.4	2.24%
5	Taryn Hollister	Purple	2	2.22%
6	Andy Burkholder	Spruce	6.2	2.18%
7	Stacy Artz	Spruce	3.4	2.07%
8	Wendi Shaffer	Spruce	3.8	2.04%
9	Walt Hasselback	Lavender	3.8	2.03%
10	Ed Miller	Purple	4	1.92%
11	Ken Stine	Navy	4.4	1.90%
12	Adam Keller	Orange	4.2	1.83%
13	Stephanie Bublitz	Navy	4.4	1.75%
14	Darvin Eby	Gray	4.8	1.74%
15	Kathy Weinhold	Purple	2.6	1.60%
16	Julianna Potteiger	Gray	2.8	1.58%
17	Brenda Schillaci	Lavender	2.4	1.51%
18	Lynn Weitzel	Gray	2.6	1.48%
19	Rick Ressler	Spruce	3	1.47%
20	David Albright	Purple	4	1.47%
21	Michelle Sayre	Orange	2.8	1.38%
22	Mallory Mackey	Maroon	2.6	1.36%
23	Kathy Weinhold	Maroon	2.4	1.35%
24	Nancy Kauffman	Navy	2.6	1.34%
25	Kate McBrearty	Orange	3.4	1.33%
26	Al Kurz	Lavender	2.4	1.33%
27	Kim Shirker	Purple	2.4	1.30%
28	Julie Hocking	Lavender	2	1.29%
29	Toni Groff	Maroon	2.4	1.27%
30	Heather Watkins	Turquoise	2.2	1.26%
31	Chris Boulden	Lavender	3.6	1.26%
32	Bobbie Rabuck	Maroon	3	1.23%

33	Stephanie Spangler	<b>Spruce</b>	3	1.20%
34	Jimmy Summers	<b>Lavender</b>	2.6	1.17%
35	Debbie Buehl	<b>Orange</b>	2	1.11%
36	Josh Wells	<b>Orange</b>	2.4	1.08%
37	Becky McCafferty	<b>Maroon</b>	2.8	1.08%
38	Caroline Watkins	<b>Turquoise</b>	2	1.04%

Congratulations to this week's Honorable Mentions—Way to Go Everyone!!

If you see any discrepancies, or misspelled names please let me know ASAP, and I will correct it. Thank you!

And, Again, Congratulations to all of you, you should be very proud of yourselves, you are well on your way!!

*See you all at the Rec!!*

Your Favorite Trainers and Mentors,

Anne Hess, Head Trainer, Navy Seals, Spruced Up and Lavender Lunatics Teams

Jeanine Morales, Mentor, Navy Seals Team

Sean Molchany, Mentor, Spruced Up Team

Tanya-Jo Stauffer, Mentor, Lavender Lunatics Team

Marcie Palko, Head Trainer, Triumphant Turquoise Team and Purple Raisins Teams

Sue Summers-Steffy & Trudy Townsend, Mentors, Turquoise Team

Rachel Schmuck and Lisa Schmuck, Mentors, Purple Raisins Teams

Natalie Wilde, Head Trainer, Texas Orange Team

Deana Jo Long, Mentor, Texas Orange Team

Rachel Roessler, Head Trainer, Maroon Madness Team and Athletic Gray Team

David Groff, Mentor, Maroon Madness Team

Wendell Hahn and Kathy Fasnacht, Mentors Athletic Gray Teams

### Here are this weeks Overall Standings Through Week 7

	<u>Name</u>	<u>Team</u>	<u>Pounds</u> <u>Lost</u>	<u>% Lost</u>
1	Andy Burkholder	<b>Spruce</b>	51.8	15.73%
2	Al Kurz	<b>Lavender</b>	33.2	15.70%
3	Mike Goshert	<b>Spruce</b>	50.2	14.38%
4	Robin Loercher	<b>Navy</b>	24.2	13.36%
5	Janet Wall	<b>Navy</b>	30.2	12.52%
6	Ed Miller	<b>Purple</b>	29.2	12.52%
7	Darvin Eby	<b>Gray</b>	31.8	10.51%
8	Wendi Shaffer	<b>Spruce</b>	21.4	10.50%
9	Rick Ressler	<b>Spruce</b>	23.2	10.37%
10	Toni Groff	<b>Maroon</b>	21.2	10.21%
11	David Albright	<b>Purple</b>	29.6	9.95%
12	Ginny Zimmerman	<b>Navy</b>	19.8	9.89%
13	Helen Kadingo	<b>Gray</b>	30.4	9.80%

14	Gina Goshert	Spruce	22.8	9.51%
15	Jimmy Summers	Lavender	22.4	9.23%
16	Shawn McCafferty	Maroon	26.8	9.17%
17	Mallory Mackey	Maroon	19	9.17%
18	Josh Wells	Orange	22.2	9.14%
19	Greg Buck	Spruce	24.6	8.87%
20	Dawn Hooper	Lavender	16.8	8.72%
21	Angela Bartoch	Navy	26	8.71%
22	Stephanie Bublitz	Navy	23.6	8.70%
23	Jody Fox	Maroon	18	8.56%
24	Penny Sorensen	Gray	15.8	8.37%
25	Stacy Artz	Spruce	14.4	8.22%
26	Michelle Sayre	Orange	17.8	8.18%
27	Debbie Buohl	Orange	15.8	8.17%
28	Gary Oberly	Turquoise	20.4	7.93%
29	Nancy Kaufman	Navy	16.2	7.80%
30	Kate McBrearty	Orange	21.2	7.74%
31	Adam Keller	Orange	18.4	7.55%
32	Walt Hasselback	Lavender	14.6	7.39%
33	Mary Mikus	Spruce	18	7.38%
34	Jen Buck	Spruce	24.4	7.23%
35	Kathy Weinhold	Maroon	13.6	7.20%
36	Rose McGeehan	Orange	16.4	6.98%
37	Lynn Weitzel	Gray	13	6.97%
38	Suzanne Waddell	Purple	12	6.96%
39	Shannon Steffy	Turquoise	17.4	6.94%
40	Bobbie Rabuck	Maroon	17.8	6.88%
41	Tammy Franck	Gray	11.2	6.53%
42	Michelle Tuel	Lavender	15.6	6.52%
43	Heather Groff	Gray	13	6.49%
44	Julianna Potteiger	Gray	11.8	6.32%
45	Donna Thomas	Maroon	10.6	6.30%
46	Kathy Yocum	Turquoise	11.2	6.11%
47	Kim Shirker	Purple	11.6	5.97%
48	Betsy Lee	Maroon	13	5.79%
49	Pat Hildebrand	Orange	9.8	5.78%
50	Kim Engle	Orange	11.2	5.77%
51	Kim Good	Navy	11	5.76%
52	Anita Long	Turquoise	12.2	5.62%
53	Taryn Hollister	Purple	10.4	5.58%
54	Mary Burkholder	Turquoise	12	5.55%

55	Denise Shimp	Purple	12.6	5.53%
56	Melissa May	Gray	12.2	5.50%
57	Brenda Schillaci	Lavender	9	5.45%
58	Stephanie Spangler	Spruce	14.2	5.45%
59	Nancy Marte	Purple	10.2	5.34%
60	Joy Darkes	Turquoise	11.2	5.28%
61	Chris Boulden	Lavender	15.6	5.23%
62	Kathy Weinhold	Purple	8.8	5.23%
63	Jane Wolf	Lavender	10	5.16%
64	Karen Hagy	Maroon	11	5.08%
65	Brenda Badie	Turquoise	14.2	5.02%
66	Selena Caplinger	Navy	12.6	4.97%
67	Kathy Fausnacht	Gray	7.6	4.92%
68	Melody Myers	Purple	11	4.91%
69	Becky McCafferty	Maroon	13.2	4.88%
70	Ross Bailey	Gray	11.8	4.77%
71	Sue Keller	Navy	9.4	4.65%
72	Cindy Zimmerman	Open	10.8	4.56%
73	Jami Karr	Lavender	7.8	4.51%
74	Tina Yorgey	Maroon	9.4	4.43%
75	Karan Miller	Lavender	8.6	3.91%
76	Becky Summers	Purple	7.6	3.81%
77	Heather Watkins	Turquoise	6.6	3.69%
78	Emily Morgan	Orange	7.2	3.48%
79	Jen Kieffer	Spruce	6	3.47%
80	Darbi Stine	Navy	6.8	3.42%
81	Arianne Gorniak	Purple	11.2	3.27%
82	Nancy Wilson	Orange	6	3.26%
83	Lisa Ferry	Gray	5.6	3.24%
84	Pam Hasselback	Navy	6.6	3.24%
85	Glenn Fulmer	Gray	9.6	3.13%
86	Caroline Watkins	Turquoise	5.6	2.85%
87	Stacie Bardell	Turquoise	4	2.81%
88	Amanda Meckley	Orange	6	2.67%
89	Mitch Curry	Orange	11.8	2.60%
90	Beth Brown	Lavender	5.2	2.47%
91	Nancy Sensenig	Spruce	6.2	2.23%
92	Ken Stine	Navy	5	2.16%
93	Ryan Groff	Maroon	7.4	2.08%
94	Julie Hocking	Lavender	3.2	2.05%
95	Carl Woerner	Turquoise	-1	-0.35%

<b>96</b>	Sharon McGrath	<b>Turquoise</b>	-0.8	-0.40%
<b>97</b>	Heather Schlamowitz	<b>Purple</b>	-1.6	-0.98%

Anne K. Hess  
Wellness Coordinator  
Ephrata Recreation Center  
Ephrata, PA 17522  
717-738-1167 X110  
ahess@ephratarec.com