

Last month to Weigh-in

May 2008

lost 63 pounds in April... that brings our new Grand total to **2,059.44** pounds!!! Great job everyone!

Our teams that did the best in April are NEWMG (best total 11.8 pounds) and Washington Mutual (best average 2.6)

Winners this month (April) were: Kathy Garrison, who wins 3 hours of personal training at Colville Fitness Center, a spa pedicure at A Perfect Solution, 1 month free membership at Colville Fitness Center, and a \$7 certificate for Mr. Sub. Helen (Dee) Hokom was our other winner; Linda Hall 1 hour massage, 2 boxes of Sport Tea, Booth and LaDuke oil change, and \$20 certificate for Memory Lane.

May is the last month for this years Get Fit Colville weight-ins. So make sure you get yourself weighed before the end of May! June 12th is our Kick off for the next Get Fit Year! We will be having Suzie Preston come back again and we will also have lots of fun entertainment and exciting announcements. We hope to see you all there at 6:00 to sign up and join the fun!

On May 14th , this Wednesday, there is a lecture at the Health Ed Center on Preventing and Treating Diabetes with Lifestyle Change. If you are interested in signing up for that lecture please call or stop by and add your name to the sign up list.
(684-4307)

Keep Getting Fit Colville