

The logo is set within a yellow banner with a blue border. At the top, the text "Pocono Medical Center's" is written in a blue, outlined font. Below this, the word "BIGGEST" is in large, white, bold letters with a blue outline. A yellow measuring tape is wrapped around the word "BIGGEST". The word "WINNER" is in large, white, bold letters with a blue outline, positioned below "BIGGEST". The word "Challenge" is at the bottom in a large, blue, outlined font. The measuring tape shows numbers from 29 to 38.

Pocono Medical Center's
BIGGEST
WINNER
Challenge

PMC's Healthy Living 6 Month Weight Loss
and Positive Lifestyle Change Challenge!



**KEEP
CALM
YOU'RE
HALFWAY
THROUGH**

Biggest Winner Progress Report

- 48 participants have lost over 5% of their body weight
- 15 have lost over 6%
- 8 have lost 8%
- 2 have lost over 9%
- 3 over 10%
- And.....even 1 has lost over 11%

So how are the Biggest Winners
doing?

1,408 pounds!

Reminder

- Take-a-quote-leave-a-quote
 - Be someone else's motivation!
- Recipes....send us or bring in your recipes to add to our biggest winner recipe book
- Next meeting is July 22nd
 - We'll have a special gift for all participants!
- Curves: Waiving 99\$ service fee plus other great offers