Fitness challenge

Cabot, 29.5

We all worked together well," Miller said. "Everything seemed to fall into place. We just pushed each other to the limit and accomplished the goals." Miller added. "We set our sights on losing weight and improving our health, and we succeeded on both fronts."

"It was hard work," Cabot said. "But if you follow the diet and exercise routine, you can certainly lose weight and improve your fitness."

Cabot and his team members are proud of their accomplishments. "We are all winners," Cabot said. "We continue to work towards our goals to get healthy."

**Just Weight**

To 20 in 6 weeks for a surprise crown!

I hope not," Miguel Medina said. "I'm still working out and eating healthy every day." Miguel Medina continued. "I can't just stop. I have to continue changing my eating habits. Otherwise, you might get fat again."

**20-GETERS**

Early in the Fitness Challenge, the Big Dogs invested in team hoodies and T-shirts. The fronts have the team name "Big Dogs" written on them. The backs are personalized with "Fitness Challenge 2019" and "My Progress." The team name "Big Dogs" is followed by "Pounds LOST" on the backs and "Total Pounds to Lose" on the fronts. The T-shirts are printed with the team logo, which includes a silhouette of a dog.

The Big Dogs will donate $500 to the charity of their choice. The charity selected is "Arianna's Hope," a local non-profit that supports individuals with special needs.

**Fitness Results**

<table>
<thead>
<tr>
<th>Rank</th>
<th>Last week</th>
<th>Total Pounds Lost</th>
<th>Weekly Pounds Lost</th>
<th>Total Pounds to Lose</th>
<th>Price money earned</th>
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<td>1</td>
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<td>815*</td>
<td>$581*</td>
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**Weightloss superstars**

Who pushed off the most pounds this year? Here's a list of the biggest losers:

- Gem Miller, Big Dogs, 65.2 pounds lost
- Chad Miller, Big Dogs, 56.5 pounds lost
- Dave Campbell, Big Dogs, 45.6 pounds lost
- Karen Miller, Big Dogs, 35.3 pounds lost
- David Campbell, Big Dogs, 34.5 pounds lost
- Jill Miller, Big Dogs, 33.6 pounds lost
- Melissa Miller, Big Dogs, 32.2 pounds lost
- Jacob Miller, Big Dogs, 30.0 pounds lost