

THE BIGGEST LOSER

NORTH CANTERBURY

Final Weigh-in

Winning Team - **RED**

LOST 34.1kg

Over 148kgs Lost in 15 Weeks!

The Red Team



LOST 34.1kg

"My goal is to stay size 12 & I'm looking at getting into multisport as I'm currently in the best shape of my entire life, fitness & body shape"

31.75% LOST

Angeline Walker
28, 178cm,
1st weigh in: 107.4kg CHEST 113cm, WAIST 123.3cm, HIPS 124.3cm
NOW: 73.3kg CHEST 91.4cm, WAIST 85.7cm, HIPS 99.3cm

Before After



LOST 22.5kg

"I'm going to embrace the lifestyle change, keep the weight off & enjoy it!"

23.01% LOST

Tania Howse
41, 169cm,
1st weigh in: 97.8kg CHEST 113cm, WAIST 121.9cm, HIPS 123.6cm
NOW: 75.3kg CHEST 97cm, WAIST 102cm, HIPS 105.1cm

Before After



LOST 16.4kg

"I'm going to continue training, aiming to lose another 10kgs & use what I've learnt to help my partner"

13.96% LOST

Adrian Louttit
32, 184cm,
1st weigh in: 131.8kg CHEST 134.3cm, WAIST 128.9cm, HIPS 129.5cm
NOW: 113.4kg CHEST 120.4cm, WAIST 112.2cm, HIPS 118.1cm

Before After

Overall Winner is Angeline Walker

2011 has been a big year for all 6 contestants in the North Canterbury Biggest Loser competition, between them they have lost a massive 148.2kgs making for an average weight loss of 24.7kg. This has been our biggest total weight loss to date, just ahead of 2008 where we had a total of 141.6kgs.

It's been a huge year for Red Team member Angeline Walker who has led throughout the competition and was named the 2011 North Canterbury Biggest Loser. Angeline, a mother of five children was inspirational in her passionate and enthusiastic approach to the competition, always ready to give 100% she really fought hard to stay in the lead. She lost 34.1kgs which was 31.75% of her body weight, an average weekly weight loss of 2.27kg and 8.64% ahead of her nearest competition. Going from 107.4kgs on the 9th of February to weighing 73.3kgs on the 25th of May she looks like a new person, as do the other contestants who were all shocked looking at their photos from the start of the challenge.

Just like the previous weigh in the team prize was won by a very close margin by the Red Team with an average weight loss of 22.91% just 1.85% ahead of the Blue Team showing again just how well everyone had done. All the competitors had said how happy they were with the results they achieved, they said it was really hard work but they all felt like they had already won before the final results were even announced. Some great prizes from the sponsors went out on the night to Angeline the overall winner, the Red Team for the team victory, Wayne Richardson for coming 2nd overall, Tania Howse for coming 3rd overall and runner up prizes for the Blue Team.

So check out all the amazing results and congratulations to all the competitors and big thanks to all the sponsors for their support and great prizes. Also thank you to everyone for following the competition and please keep an eye out for our next event.

The Blue Team



LOST 33.4kg

"I want to continue on with my training & then maintain"

23.11% LOST

Wayne Richardson
38, 182cm,
1st weigh in: 144.5kg CHEST 134cm, WAIST 141cm, HIPS 132cm
NOW: 111.1kg CHEST 116.7cm, WAIST 112.3cm, HIPS 115.3cm

Before After



LOST 19.7kg

"I'm going to keep going, staying on track with weight loss & then maintain"

21.25% LOST

Sarah Frame
31, 159cm,
1st weigh in: 92.7kg CHEST 117m, WAIST 115cm, HIPS 118.2cm
NOW: 73kg CHEST 98.5cm, WAIST 93.4cm, HIPS 102.8cm

Before After



LOST 20.1kg

"I want to maintain core strength & look towards body sculpting in the future"

18.82% LOST

Jennine Hauraki
Tumu
39, 173cm,
1st weigh in: 106.8kg CHEST 122cm, WAIST 126.5cm, HIPS 121.5cm
NOW: 86.7kg CHEST 111.1cm, WAIST 103cm, HIPS 107.9cm

Before After

Team leaders

Kat and Neil

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