

Greetings from Biggest Loser Headquarters at Riverbend! Thanks for being a part of this effort! Hopefully, we will all become winners by being losers!

This started as a staff challenge and we decided to open it up to our friends. The accountability factor alone is incredible once you put your intentions out there to hundreds of people on FB!

Below is a sample message you can cut and paste and send out to your FB friends. Go ahead and be bold...send it out to everyone! Please note that you will need to insert the number of pounds you hope to lose. Personally, I hope to lose 30 pounds. Thanks and Good Luck!

Sample Letter: (be sure to change pounds to your desired goal.)

Dear Friend,

I need your help! I have committed to be a part of the Biggest Loser Riverbend Edition, a program with Riverbend Retreat Center, a camp I really believe in. Not only am I going to have an opportunity to shed a few pounds, I also hope to raise some money for Riverbend. The funds will go toward a great cause of remodeling the Worship Center where over 10,000 campers meet for worship each summer.

Here's how it works: I need sponsors who will donate \$1, \$5, \$10 or any amount for each pound I lose. Best case scenario, I could lose up to 30 pounds. You can also join in the fun by visiting the Biggest Loser Riverbend Edition FB Page AND by sending this message out to your friends. The program will last for four months – with the initial weigh-in on January 7th and ending with a fun run and final weigh-in at Riverbend on May 8th.

Would you please sponsor me? I will keep you posted on my progress through the event.

You can give online on Riverbend's web site at www.riverbendretreat.org or send a check to 1232 CR 411B, Glen Rose, TX 76043. Thanks for your help!