

## QCC Weight Distribution Group

Some of us may have indulged a little over Christmas and the festive season, and I suspect that quite a few of us need a weight loss treatment program. So – let's form a QCC fun group where we can manage and encourage each other in our endeavours.

To join this group, come and see me (Barry Gibson) – write your name and January weight on the attached form.

Group members are then encouraged to record their weight (measured at home – we use the honour system). Each month, the member with the least (or no) weight loss has to buy the member with the most weight loss a drink of their choice ('diet' of course!).

'Indulgent' members who 'shock – horror' record a weight gain, have to buy the two members with the most weight loss a drink each of their choice ('diet' of course!)

I'll hold the central weight chart with everyone's records. However, members who are a little shy and do not want to record their weight on the central chart can still join the group. Just write your name and a dash in the weight column. Each month you can record the amount of weight lost – or if a plus has to be recorded, bring some money!

Should there be more than one member with the same weight loss at the end of a month, they are all winners and will be acknowledged, but we will random sort a winner for the drink prize.

Just think – by the end of the year, people will be saying "Those QCC members are a fit looking mob."

Let's have a little fun while we lose weight at the same time.

