

Sestak lost 10 pounds and hopes to lose more this season.

Rikli wants to lose a pound a week. He plans on changing his diet rather than working out.

“I’m going to start by reducing chocolate consumption,” Rikli said.

During the spring competition, Sandra Webb of Florissant lost more than 40 pounds with the help of her team of co-workers.

“I would recommend it to anyone,” Webb said. “I just got moving. I had never exercised, and I didn’t realize how good I’d feel.”

The Missourian plans to follow the progress of Has Anyone Seen My Spare Tire? throughout the competition on a blog, hasanyoneseenmysparetire.blogspot.com.

“By being healthy ourselves, we’ll have more years where we can help the kids,” team mem-



Has Anyone Seen My Spare Tire?
Has Anyone Seen My Spare Tire? is a Columbia Shape Up Missouri 9 member team. Shape Up Missouri is a challenge for Missourians to live healthier lifestyles. This blog is made in conjunction with the Columbia Missourian in order to follow the progress of this team for the Fall 2007 competition.

THURSDAY, SEPTEMBER 20, 2007

Mission Statements

I want to set an example for my oldest son Payton (a three year old who dislikes going to bed and equally dislikes waking up); that waking up early in the morning is not a bad thing. Rather, it is an opportunity to get fit and have fun while other people are sleeping. By following my example, he will crash early at bedtime without argument, and rise early without complaint!!!
-Mike Messer

My goal/mission is to lose a few pounds and establish a habit of regular exercise.
-Mike Hatchett

My goal is to lead by example in the health and fitness movement. By doing the deal of proper nutrition, hydration and exercise we can be the role models who make a difference in the development of good habits for the kids we reach. I want to illustrate that we are more products of our decisions than victims of our genetics or environment.
-Wes Brown

Posted by Has Anyone Seen My Spare Tire? at 3:12 PM 0 comments
Links to this post

MONDAY, SEPTEMBER 17, 2007

About this Blog

Has Anyone Seen My Spare Tire?
Columbia, Missouri, United States

The Team Captain: Mike Messer
Team Members: Wes Brown, Joe Sestak, Arthur "Buck" Rikli, Mike Hatchett, Rick McKernan, Nick Baker, Tom Marrero, Steve Henderson

[View my complete profile](#)

Links

- Columbia Missourian
- Optimist International
- Shape Up Missouri

How often do you exercise?

Shape Up Missouri

Fall Session dates: Sept. 17 to Nov. 8

Registration: smsg.org

Deadline: Teams can register until Oct. 8

Cost: \$15 per person per session or \$7.50 per session for AARP members

Team size: 2 to 10

What you get: Shape Up Missouri T-shirt, biweekly informational newsletters

Divisions: Weight loss and activity

Awards: 10 \$500 community awards, various monthly prizes

Follow the progress of Has Anyone Seen My Spare Tire?
hasanyoneseenmysparetire.blogspot.com



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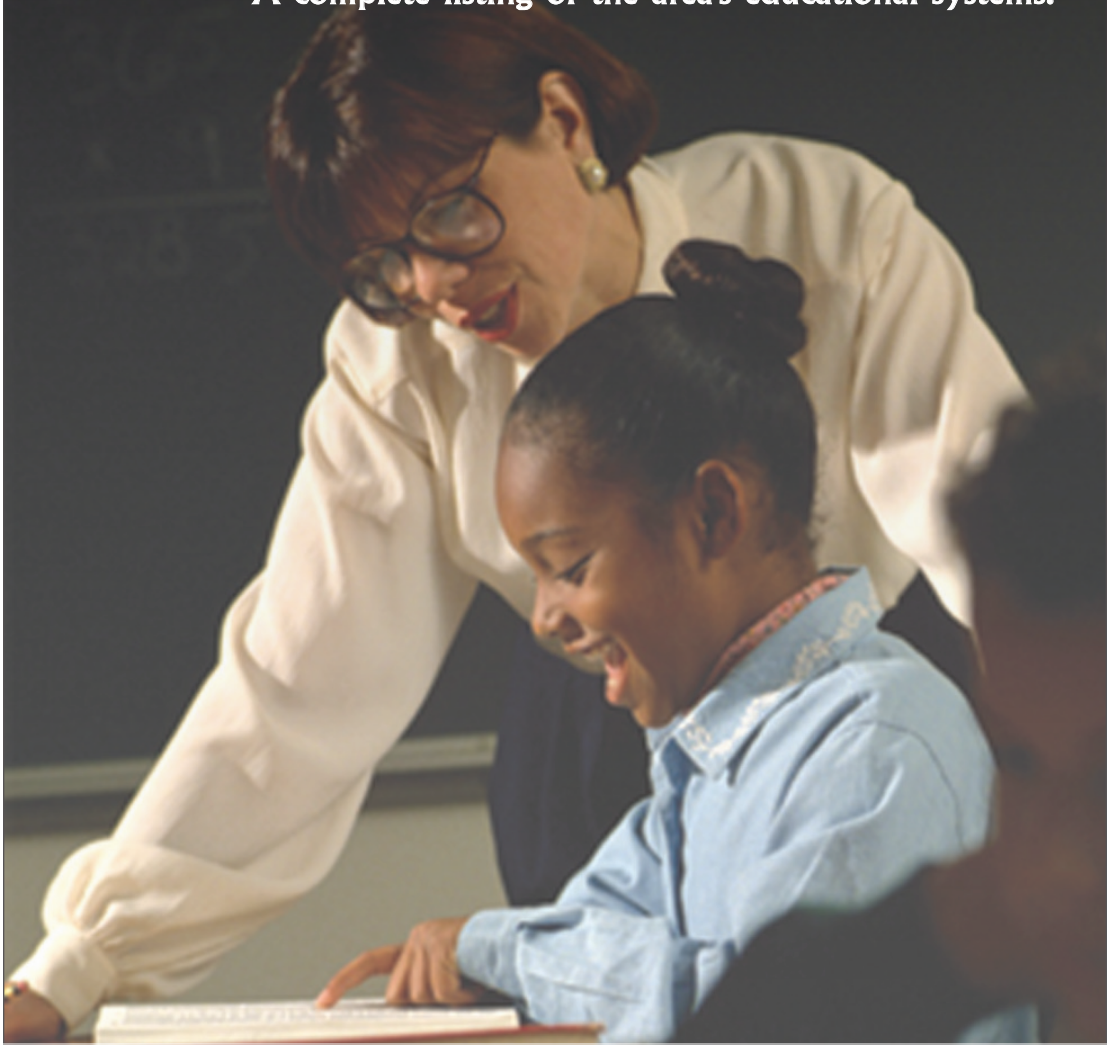
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