

May 9, 2011

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Make that pledge to lose weight or maintain your current weight and to also provide food for the needy via the Biggest Loser's Pound For Pound Challenge!

The deadline is May 31. You don't have to lose the weight by May 31. You just have to pledge a certain number of pounds and Feeding America will receive the equivalent of one pound of food for every pound you pledge to lose.

The staff at the Burleson Recreation Center (the BRiCk) created the Burleson Recreation Center Pound For Pound Challenge team. As of May 9, a total of 34 people joined the team and made the pledge to the tune of 539 pounds. At least one team member has pledged to lose 20 pounds. The original goal of the Burleson Recreation Center team was to pledge to lose 500 pounds. With 22 days left, the staff wants to up the ante to 1,000 pounds.

The Burleson Recreation Center team ranks 88 out of hundreds of teams. Other Texas teams ahead of Burleson include Houston, Wichita Falls, McAllen, Austin, Abilene and Fort Worth. Three million-plus pounds have been pledged.

Jump start that workout and help Burleson move to the top of the charts. Go to www.pfpchallenge.com and click on Teams. Type in Burleson Recreation Center and hit search. Enter your date of birth and your zip code (76028). The food bank that serves your community will be Tarrant Area Food Bank in Fort Worth.

You can either pledge a maximum of 50 pounds or as little as five pounds (the pledge to maintain your current healthy weight). Check the pledge box, enter your first and last name, e-mail address and password. You will be asked what grocery store you shop regularly. You choose whether you want your first name, city, state, food bank and team name displayed on the Pound For Pound news feed, and whether to allow your first name to be visible to your team leader.

For every pound you pledge to lose through May 31, 2011, the Pound For Pound Challenge will donate 11 cents to Feeding America. Eleven cents is enough to secure one pound of groceries on behalf of local food banks.

The Tarrant Area Food Bank serves the Burleson Ministerial Alliance's Harvest House as well as agencies in Alvarado, Cleburne, Grandview, Joshua, Lillian, Venus, Arlington, Fort Worth, Bedford, Euless, Grapevine, Haltom City, Hurst, Keller, North Richland Hills, Azle, Crowley, Everman, Forest Hill, Grand Prairie, Kennedale, Lake Worth, Mansfield, River Oaks, Saginaw, Sansom Park, Watauga, and White Settlement.

For more information on the Pound For Pound Challenge and joining the Burleson Recreation Center team, call the BRiCk at 817-426-9104.