



2019 10 Week Wellness Challenge Midpoint Prize Winners

Individual Prize Winners			
Prize	Name	Team	City
LHI 5K Registration	Karey M.	IBIS Mission Slimpossible	Ankeny
LHI 5K Registration	Sharon C.	The Working Lunch Bunch	Cedar Rapids
LHI 5K Registration	Amy B.	Holy Walkamolie	Centerville
LHI 5K Registration	Ashley M.	#aintnobodygottimeforfat	Des Moines
LHI 5K Registration	Inge C.	My Healthy Life	Iowa City
LHI 5K Registration	Mandy L.	Fairview Strong 2	Marshalltown
LHI 5K Registration	Jody W.	10 Week Wonders	Sioux City
LHI 5K Registration	Beth H.	Tenacious Ten	Spencer
LHI 5K Registration	Caryn G.	Steppin' for Justice	Waterloo
LHI 5K Registration	Jeff L.	WaukStars	Waukee
Healthy & Homemade cookbook	Jane W.	The A Team	Ames
Healthy & Homemade cookbook	Torri W.	Flab-U-Less	Fort Dodge
Healthy & Homemade cookbook	Scott D.	Bad Assets	Pleasant Hill
Healthy & Homemade cookbook	Annie G.	FITness Fanatics	West Des Moines
Healthy & Homemade cookbook	Jessica W.	Waist Management	Warsaw
\$10 Hy-Vee gift card	Andrew B.	The Healthy Bunch	Asbury
\$10 Hy-Vee gift card	Manuel R.	Steppin' up	Clare
\$10 Hy-Vee gift card	Sandy B.	Healthy Is As Healthy Does	Mapleton
\$10 Hy-Vee gift card	Ros D.	Insurance Gals	Nevada
\$10 Hy-Vee gift card	Samantha C.	LCHC1	Seymour
\$25 Casey's gift card	Michelle L.	Clarke Middle School	Indianola
\$25 Casey's gift card	Sharon G.	Tom Crady and the Heartbreakers	Mount Vernon

Captain Prize Winner			
Prize	Name	Team	City
\$50 Scheels gift card	Rachel H.	In It To Thin It	Sheldon

Team Prize Winners			
Prize	Team Name	Captain	City
\$5 Subway gift card/member	"MOVIN FOR ME"	Mary Jean C.	Ankeny
\$5 Subway gift card/member	#aintnobodygottimeforfat	Ashley M.	Des Moines
\$5 Subway gift card/member	#EyeOfTheTiger	Adam C.	West Des
\$5 Subway gift card/member	#WinnersWin	Mary Beth M.	West Des
\$5 Subway gift card/member	100 Day Game Changer	Steve C.	Marion
\$5 Subway gift card/member	2 Hangry Birds	Emma M.	Mt. Pleasant
\$5 Subway gift card/member	4KsNAmes	Elizabeth K.	Ames
\$5 Subway gift card/member	Activity ++; Weight --;	Mike C.	Sioux City

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Team Prize Winners			
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\$5 Subway gift card/member	Adel Veterinary Clinic	Elizabeth H.	Adel
\$5 Subway gift card/member	Al and Chip	Kristine G.	Clarion
\$5 Subway gift card/member	Anderson Angels White	Heidi S.	Altoona
\$5 Subway gift card/member	Audiobook Athletes	Heidi O.	Sioux Center
\$5 Subway gift card/member	Bad Assets	Dave V.	Des Moines
\$5 Subway gift card/member	BDKPSSS	Kristen K.	Fertile
\$5 Subway gift card/member	Beach Walkers	Jane H.	Odebolt
\$5 Subway gift card/member	Bearcat Sistas	Sarah W.	Spirit Lake
\$5 Subway gift card/member	Beauties and the Brent	Brent S.	Urbandale
\$5 Subway gift card/member	Besties	Cassie F.	Decorah
\$5 Subway gift card/member	Better than Yesterday	Kris E.	Dubuque
\$5 Subway gift card/member	Bill & Brads Excellenet	Bill H.	Solon
\$5 Subway gift card/member	Blister Sisters	Becky B.	Centerville
\$5 Subway gift card/member	Burpees Outbreak	Megan N.	Grimes
\$5 Subway gift card/member	C O M S (Candy out -- More	Teresa H.	Wellman
\$5 Subway gift card/member	Cardiolicious	Deb F.	Manilla
\$5 Subway gift card/member	Cha Cha Slides	Rheanne H.	Sioux City
\$5 Subway gift card/member	Change Agents	Misti J.	Urbandale
\$5 Subway gift card/member	Chicken Train	Randy M.	Van Meter
\$5 Subway gift card/member	Chilecats	Gary H.	Madrid
\$5 Subway gift card/member	cinkel	Kelly S.	Cedar Rapids
\$5 Subway gift card/member	Connors fans	Nancy B.	New
\$5 Subway gift card/member	Cookie Crammers	Kaylee R.	Pella
\$5 Subway gift card/member	Cookie Cutters	Miranda P.	Atlantic
\$5 Subway gift card/member	Cool Name Pending	Cassie H.	Oskaloosa
\$5 Subway gift card/member	CU Later Fat	Nick E.	Cedar Falls
\$5 Subway gift card/member	Cyclone	Jeff B.	Humboldt
\$5 Subway gift card/member	Dallas County ISU Extension	Jeff J.	Adel
\$5 Subway gift card/member	Davis Elementary	Jonathan K.	Grinnell
\$5 Subway gift card/member	Dent the #'s	Ann D.	Glidden
\$5 Subway gift card/member	Divorcing Slothfulness	Yvonne B.	Ottumwa
\$5 Subway gift card/member	Do or Di...alysis!	Carla V.	Spencer
\$5 Subway gift card/member	Doing it for us	Janeen M.	DeWitt
\$5 Subway gift card/member	Dos Amigos	Mark W.	Waukee
\$5 Subway gift card/member	Droopy Drawers	Dawn J.	Pleasant Hill
\$5 Subway gift card/member	Drop It Like a Squat	Lindsay H.	Waterloo
\$5 Subway gift card/member	Enjoying Life	Teresa J.	Grinnell
\$5 Subway gift card/member	Estrogen Express	Nancy C.	Manilla
\$5 Subway gift card/member	EVCo - Activity	Shannon T.	Algona
\$5 Subway gift card/member	Fab Five	Todd H.	Sioux City
\$5 Subway gift card/member	Fab Five Rebels	Corissa S.	Reinbeck
\$5 Subway gift card/member	Fabulous Five	Nicole K.	Dundee



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\$5 Subway gift card/member	Fat Boys	Lew C.	Cedar Falls
\$5 Subway gift card/member	Feisty foxes	Melissa I.	Spirit Lake
\$5 Subway gift card/member	Fergie2	Shauna F.	Maquoketa
\$5 Subway gift card/member	Fire-Breathing Rubber Duckies	Tyler K.	Charles City
\$5 Subway gift card/member	Fiscally Fit	Jean W.	Iowa City
\$5 Subway gift card/member	Fit and Fabulous	Jessica D.	Des Moines
\$5 Subway gift card/member	fitmv	Kay R.	Missouri
\$5 Subway gift card/member	Fitness Chasers	Lavanya V.	West Des
\$5 Subway gift card/member	Flab-u-less	Torri W.	Fort Dodge
\$5 Subway gift card/member	Freaking Awesome	Ryan M.	Algona
\$5 Subway gift card/member	Fun Feed Team	Brittni K.	Otho
\$5 Subway gift card/member	Get Fit Emerson	Margot H.	Marshalltown
\$5 Subway gift card/member	Go Getters	Jessie S.	Annanwan
\$5 Subway gift card/member	GOAL DIGGERS	Kelli C.	Albia
\$5 Subway gift card/member	Hamilton	Kim W.	Webster City
\$5 Subway gift card/member	Hangry Birds	Mary B.	Spencer
\$5 Subway gift card/member	Happy and Healthy!	Kelli S.	Indianola
\$5 Subway gift card/member	Head Over Meals	Amanda A.	Ottumwa
\$5 Subway gift card/member	Health Warriors	Dawn W.	Harlan
\$5 Subway gift card/member	Hertz's Nebraska Crew	Arlene H.	Gretna
\$5 Subway gift card/member	Holy Walk-a-Mole!	Torey C.	Bondurant
\$5 Subway gift card/member	Hot Shot Mamas	Laura S.	Carroll
\$5 Subway gift card/member	Huslin Honeys	Sara L.	Fort Dodge
\$5 Subway gift card/member	If you use it, you will lose it	Carla G.	Waverly
\$5 Subway gift card/member	ImOn Shape Shifters	Lisa R.	Cedar Rapids
\$5 Subway gift card/member	In It 2gether	Vicki A.	Des Moines
\$5 Subway gift card/member	In It To Thin It	Jennifer M.	Monroe
\$5 Subway gift card/member	Inches Away	Heather S.	Hawarden
\$5 Subway gift card/member	Jace's Purple Shoes	Chrissy M.	Des Moines
\$5 Subway gift card/member	JEMESE	Joe E.	Waterloo
\$5 Subway gift card/member	Johnston Jaguars	Jawahar T.	Urbandale
\$5 Subway gift card/member	Just a Little Fat	Scott T.	Grand Island
\$5 Subway gift card/member	KHA Inc	Denise K.	Prairie City
\$5 Subway gift card/member	LBS	Lisa S.	Independence
\$5 Subway gift card/member	LCHC3	Jena W.	Chariton
\$5 Subway gift card/member	Lean Queens	Kathy K.	Des Moines
\$5 Subway gift card/member	Lightfoots19	Karen R.	Des Moines
\$5 Subway gift card/member	Lordy, Lordy we're all over 40	Kathleen M.	Palo
\$5 Subway gift card/member	Losing Biggly	Kami H.	Chelsea
\$5 Subway gift card/member	Lost in Pace	Andrea M.	Mount
\$5 Subway gift card/member	Lovely Ladies	Tracy W.	Macksburg
\$5 Subway gift card/member	Magnificent9	Heather S.	Polk City



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\$5 Subway gift card/member	Making a Statement	Melody P.	Fort Dodge
\$5 Subway gift card/member	Mighty Minute Hustlers	Kellie Z.	Sioux City
\$5 Subway gift card/member	Mischief Managed?	Susan C.	Iowa
\$5 Subway gift card/member	Mission Slimpossible	Regina H.	Council Bluffs
\$5 Subway gift card/member	Mission Slimpossible	Angela D.	Sioux City
\$5 Subway gift card/member	Mission Slim-Possible I	Denise K.	Atlantic
\$5 Subway gift card/member	Mother-Daughter Duo	Clarissa M.	Numa
\$5 Subway gift card/member	Motivate Me	Roni D.	Hospers
\$5 Subway gift card/member	Motivated to Move	Teri J.	Osceola
\$5 Subway gift card/member	Move It Move It	Mary B.	Sioux City
\$5 Subway gift card/member	Movin N' Losin	Renee G.	carroll
\$5 Subway gift card/member	Movin'N'Groovin	Darlene M.	Indianola
\$5 Subway gift card/member	Muffin Tops	Teresa C.	Earlville
\$5 Subway gift card/member	Net Loss	Dan M.	Des Moines
\$5 Subway gift card/member	NEU-FIT	Anne N.	Denison
\$5 Subway gift card/member	New Beginnings	Tania M.	Williamsburg
\$5 Subway gift card/member	New Dimension	Mery A.	Dubuque
\$5 Subway gift card/member	No Waistful Spending	Jeri R.	Grinnell
\$5 Subway gift card/member	No Weigh	Regina S.	Riverside
\$5 Subway gift card/member	Oh, my quad!	Melissa B.	Sheldon
\$5 Subway gift card/member	PARTNERS IN MOTION	Kathy G.	Stuart
\$5 Subway gift card/member	Pearson#1	Kirk H.	Cedar Rapids
\$5 Subway gift card/member	Perfectly Paired	Tammy B.	Urbandale
\$5 Subway gift card/member	Pillers	Melissa F.	Sioux City
\$5 Subway gift card/member	POET II	Paulette R.	Hanlontown
\$5 Subway gift card/member	Power House	Amy S.	Bondurant
\$5 Subway gift card/member	Power Plant Pounders	Angie K.	Cedar Falls
\$5 Subway gift card/member	Profit and Weight Loss	Tonya G.	Fairfield
\$5 Subway gift card/member	Quarter Life Crisis	Areal G.	Des Moines
\$5 Subway gift card/member	Renovation In Process	Rose O.	Thayer
\$5 Subway gift card/member	Running from the Law	Andrea B.	Sioux City
\$5 Subway gift card/member	Sargasso	Robert C.	Palo Alto
\$5 Subway gift card/member	Sassy by Summer	Tammy H.	Tipton
\$5 Subway gift card/member	Sassy By Summer	Jen M.	Ankeny
\$5 Subway gift card/member	silver foxes	James D.	Allison
\$5 Subway gift card/member	Slim it to Win it	Patty M.	Sioux City
\$5 Subway gift card/member	Slimployment Services	Mylina C.	Fort Dodge
\$5 Subway gift card/member	Steps in the Wright Direction	Sherri O.	Clarion
\$5 Subway gift card/member	Super Safe Bros.	Brian R.	Marion
\$5 Subway gift card/member	SW Motivated Milers	Jennifer S.	Creston
\$5 Subway gift card/member	Sweet Soles	Ashley I.	Cherokee
\$5 Subway gift card/member	T's Get Fit Focus group	Teresa M.	Dubuque



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\$5 Subway gift card/member	TC	Chris C.	Spirit Lake
\$5 Subway gift card/member	Team 1984	Katy L.	Cedar Rapids
\$5 Subway gift card/member	Team Bob	Mary H.	Forest City
\$5 Subway gift card/member	Team DS - no BS	Deb S.	Algona
\$5 Subway gift card/member	Team Gunn	Kimberly G.	Des Moines
\$5 Subway gift card/member	Team JMW	Randy W.	Chariton
\$5 Subway gift card/member	Team Lunn	Kathy L.	Ankeny
\$5 Subway gift card/member	Team Mighty	Kelli H.	Norwalk
\$5 Subway gift card/member	Team SIs	Dawn K.	Tipton
\$5 Subway gift card/member	Team SM	Lydia B.	Ankeny
\$5 Subway gift card/member	Team Tiger Pride	Heidi D.	Grinnell
\$5 Subway gift card/member	TEAM YELLOW	Barb F.	St. Charles
\$5 Subway gift card/member	The Fab 5	Amy R.	Decorah
\$5 Subway gift card/member	The Fit Five	Corissa S.	Reinbeck
\$5 Subway gift card/member	The Loveable Losers	John C.	Johnston
\$5 Subway gift card/member	The LSB Trackers	Paige M.	Oskaloosa
\$5 Subway gift card/member	The Med/Surg Meltaways	Anna R.	Albia
\$5 Subway gift card/member	The Three Amigos	Susan G.	Forest City
\$5 Subway gift card/member	The Three Paras	Deanna R.	Hubbard
\$5 Subway gift card/member	Thin It To Win It	Emily H.	Davenport
\$5 Subway gift card/member	Thinning The Herd	Katie L.	North Liberty
\$5 Subway gift card/member	Tubby Tortoises	Michael F.	Sheldon
\$5 Subway gift card/member	Vibrant Living	Laura B.	Iowa City
\$5 Subway gift card/member	Victorious Secret	Brenda L.	Guttenberg
\$5 Subway gift card/member	Waist Line Down	Austin H.	Altoona
\$5 Subway gift card/member	Waist Removal	Susan W.	Grundy
\$5 Subway gift card/member	Walkabout Wendy & Wally	Polly N.	Humboldt
\$5 Subway gift card/member	Walker Texas Ranger	Shonda H.	Johnston
\$5 Subway gift card/member	Walking Women	Amanda L.	Clarion
\$5 Subway gift card/member	Waukee Wellness Warriors 2	Kathleen S.	Waukee
\$5 Subway gift card/member	We Like to Move It Move It	Michelle R.	Fort Madison
\$5 Subway gift card/member	We Like To Move It, Move It!	Bethany J.	Johnston
\$5 Subway gift card/member	Weapons of Mass Reduction	Bianca M.	Sioux City
\$5 Subway gift card/member	We're Not Gunna Bake It	Niki C.	Sheldon
\$5 Subway gift card/member	Whoop Whoop	Michelle T.	Johnston
\$5 Subway gift card/member	Wiggle till you Jiggle	Lindsey H.	Grimes
\$5 Subway gift card/member	Wobbly Walkers	Nancy R.	Iowa City
\$5 Subway gift card/member	Your Pace or Mine?	Karen J.	Ankeny
\$5 Subway gift card/member	Z-Stars	Melissa H.	DeWitt