



Teachers Use Kimkins Diet to Literally Lose a Ton

Kimkins Teachers Weight Loss Challenge Group demonstrates the value of an incredible support system by losing a combined total of 1903 pounds in only 10 weeks.

Corona, CA, September 18, 2007 --(PR.com)-- The [Kimkins Weight Loss](#) Teachers Challenge group set out this summer with an impressive goal to lose 2000 pounds -- one ton -- during their summer break.

One of the larger weight loss challenge groups with approximately 82 members, the Teachers Challenge required members to lose an average of 25 pounds each in a 10 week period.

At the 5 week mark these teachers supported each other to an impressive combined loss total of 907 pounds. "... Even I am flabbergasted at the incredible success of the Kimkins Teacher's Challenge! Teachers from everywhere banded together and challenged each other to maximum weight loss ..." exclaimed Kimkins founder, Kimmer, after receiving word of the report.

At the conclusion of their challenge on August 18, 2007, these teachers reported an extraordinary total loss of 1903.1 pounds. Some participants lost more than 60 pounds each.

Kimkins business director, Amanda Holbrook, adds, "We are so proud of our teachers. They are a true picture of determination and perseverance. Teachers are touching the young minds of tomorrow and we are both excited and honored that they found such encouragement through the Kimkins program and its members."

"Rita, a teacher who dropped from 175 to 134 pounds during the 10 week challenge, is a perfect example of how important a peer support system is to successful weight loss," added Amanda.

Many teachers continued their weight challenge network after the ending date and exceeded the original 2000 pound goal.

The Kimkins Weight Challenge Groups are the backbone of the support that is found within the Kimkins program. At last count, there are over 200 individualized Challenge Groups. Each group is its own community and gives members the opportunity to find others whom they have commonality with. "Without our challenge groups, we would be just another diet program," states Holbrook. "Our members make all the difference."

Kimkins is an internet based low carb membership weight loss plan which has grown to nearly 40,000 paid members since the website launched in April 2006.

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Contact Information:

Kimkins.com
Amanda Holbrook
(951) 398-9227
media@kimkins.com
<http://www.kimkins.com>

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