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Have you taken the Biggest Loser's Pound For Pound Challenge?

The staff at the Burleson Recreation Center (the BRiCk) created the Burleson Recreation Center Pound For Pound Challenge team. As of March 21, a total of 31 people joined the team and made the pledge to the tune of 499 pounds. At least one team member has pledged to lose 20 pounds.

The BRiCk's goal was a pledge of 500 pounds. With only one pound to go and the deadline still two months away, the staff has upped the goal to 1,000 pounds.

You choose the amount of your pledge and Feeding America will receive the equivalent of one pound of food for every pound you pledge to lose. 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 number of pounds (the maximum is 50), or, pledge to maintain your current healthy weight (which is the equivalent of pledging five pounds of weight loss). Once you have checked the pledge box, register by entering your first and last name, an e-mail address, and password. You will also 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. During the registration process, you can invite your friends to join you. You can also become a fan of the Pound For Pound Facebook page and spread the word to your friends through social media.

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.