Biggest Loser Contest

We will once again start our Biggest Loser contest at Burford. It’s become an annual contest here.
I hope the information below will inspire our people and those of you out there that struggle as well.
Good luck everyone and Happy 2020!!!

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Exercise Routine

Here is a tip for building your arm and shoulder muscles. You might want to adopt this routine. Three days a week works well.
Begin by standing outside behind the house, with a 5-LB potato sack in each hand. Extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute. Relax.
After one week move up to 10-LB potato sacks, then next week 50-LB potato sacks, and eventually try to get to where you can lift a 100-LB potato sack in each hand and hold your arms straight out for more than a full minute.
After you feel confident at that level, start putting a couple of potatoes in each of the sacks, but be careful not to overdo it.

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My appetite is my shepherd; I always want.
It maketh me sit down and stuff myself.
It leadeth me to my refrigerator repeatedly.
It leadeth me in the path of McDonalds for a Quarter Pounder.
It destroyeth my shape.
Yea, though I knoweth I gaineth, I will not stop eating
For the food tasteth so good.
The ice cream and the cookies, they comfort me.
When the table is spread before me, it exciteth me
For I knoweth that I sooneth shall dig in.
As I filleth my plate continuously,
My clothes runneth smaller.
Surely bulges and pudgies shall follow me all the days of my life
And I shall be “pleasingly plump” forever and ever.


Enjoy your Black Book!

Teresa J. Ruder
Spray Applicator

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- Conveyors
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- Electrical Requirements
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- Portable cart
- Sanitary fluid path
- Re-circulation loop
- Low pressure wash-down design
- Stainless steel tank with agitator

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