

## Who is the “Biggest Loser” at Lenoir YDC?

As part of the Wellness Plan, Lenoir YDC conducted a "Biggest Loser" Competition where 21 staff members were able to lose a combined 177 pounds. Contestants paid a \$5 entry fee and a \$1 weekly weigh-in fee for the 18 week competition. 21 employees reported to the clinic for weekly weigh-ins and blood pressure checks. Each competitor had to pay an additional dollar for each pound they gained. Our pot reached \$550 of which 1/2 went to the winner of the contest and 1/2 went to the Student Welfare fund.

Included throughout the contest were challenges such as "Last Chance Workouts" where an aerobics instructor came on campus to help contestants burn extra calories the day before weigh-in. A line-dance workout included 30 minutes of "The Electric Slide," "The Cha-Cha Slide," and "The Cupid Shuffle." Contestants even wore pedometers to see who took the most steps in one week.

Special guests spoke with staff to keep them motivated such as a Registered Dietitian who spoke on calorie content of the beverages we all consume and a Chiropractor to help contestant learn ways to decrease their stress levels.

Mrs. Myra Heath was Lenoir’s Biggest Looser. She contributed to her own health and wellness and committed to make changes in her life through proper diet and exercise. Congratulate Mrs. Heath! As the winner of the contest she received prizes and health benefits including: Losing 35.5 pounds, losing points off of her blood pressure (149/93 to 125/84), \$275 cash, a 3 month membership to Gold’s Gym, \$25 Gift Certificate to Health Habit Natural Food Store, and a Gift Certificate to Peach House Restaurant.

**Before**



**After**

