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Winners Named for 2016 RHF Fitness Challenge

MAY 25TH 2016 BY DEE LOFLIN

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Dexter, Missouri - the tree-man team of Steve Hyten, Billy Griffin, and Charles Corlies took the \$1,000 first place prize in the 2016 Regional Healthcare Fitness Challenge. Steve Hyten were also awarded an additional \$250 for having lost the greatest amount of weight. He lost a total of 54.8 pounds during the challenge. "Starvers" as they called themselves had a 17.68 percentage weight loss.

Placing second for \$500 was the "G3" team consisting of Nicole Guethle, Sharon Guethle, and Shawn Guethle who lost 15.33 percentage weight loss.

Placing third was the team "AHA Moment" with a 13.99 percentage of weight loss. The team included Alexa Ash, Amy Ash, and Hunter Frampton.

The winners were announced on Monday, May 16th with three teams taking home \$2,100 in prize money.

The Regional Healthcare Foundation's Fitness Challenge is held annually from January through April as an incentive to get healthy and lose weight. LeVeda Scates is the patient advocate coordinator and heads the challenge annually.

This program is designed to help citizens of the community to improve health through weight loss. The successful program is based on providing information about health and nutrition for teams of three January thru April each year. Participants report that the team support and weekly weigh-in program for accountability makes losing weight easier and enjoyable.

With the growing concern about the rise of diabetes in our community, people are searching for ways to fight diabetes.

The Fitness Challenge offers one step in that fight. In addition to attention to diabetes, participants find that weight loss also combats high blood pressure and heart disease.

The Fitness Challenge Program reflects the Regional Healthcare Foundations' mission statement: a vision of healthy people living in a healthy community.

Anyone interested in participating in the 2017 "TRI" Team Fitness Challenge should organize their team of three and be ready to begin the challenge in January 2017.

Cash Drawing Winners - \$25 each - Travis Adams, Shannon Collier, Jeanie Huey, and Courtney Moore.

Community Supporters for the 2016 "TRI" Team Fitness Challenge : SoutheastHEALTH of Stoddard County, Wal-Mart, Key Rexall, VNA, University of Missouri Extension, and Walgreens.

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