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2014 Regional Healthcare Foundation Fitness Challenge Winners

MAY 16TH 2014 BY DEE LOFLIN

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Article Submitted to

news@showmetimes.com

Dexter, Missouri - Teams of four people each began the 2014 Fitness Challenge on January 8, 2014 and ended the challenge May 7, 2014.

There were 68 teams participating. Teams weighed in weekly on Wednesdays from 7:30 a.m. – 5:30 p.m. Charts were displayed each week to show the team's progress with percentage of loss. Team names appeared on the charts. Individual weights are completely confidential. Teams names were very creative!

There were many first time participants and also some who have participated in past challenges.

While the new challengers worked to lose weight, the returning challengers were looking for continued accountability and encouragement to lose and maintain the lower weight again. Those who have participated previously are quick to attest to the success of the challenge for losing weight.

The weekly team work and weigh in with accountability truly works to keep people motivated and dedicated to eating healthy and sticking to an ongoing exercise

regiment. Encouragement and accountability as a team definitely keeps everyone on the team focused on the weight loss goal. At the end of the challenge, many express their appreciation for the program and wish the challenge was a year around event.

- * Each week flyers of information related to health were given out.
- * Weekly drawings were conducted (attendance incentive)
- * Body Mass Index was measured with the use of a monitor
- * Blood Pressure Check was available one week during the challenge
- * Southeast Hospital (Diabetes Program) provided “Eating on the Light Side” cookbooks for all participants.
- * Southeast Hospital also provided free Fitness Challenge T-Shirts for those who weighed in “7” times by March 26th.
- * Ozark Wellness provided certificates for 1 month free Cross Training Class for all participants.
- * McKenna Landers – Licensed Massage Therapist at Fitness Connection provided coupons to each participant for \$10 off any massage.
- * University of Missouri Extension – Jeanie Huey, Nutrition Program Assistant provided posters and flyers for several weeks of the challenge.
- * Novo Nordisk Pharmaceuticals Representative, Kevin Hayes, provided meal planning information and plate model for exhibit.
- * Discount Coupon Collection Box was available each week.

While participants waited for their turn to weigh in, they could select coupons for savings while shopping for many household and personal items.

Winners were announced Wednesday May 14th

Winning teams based on percentage of loss as a team.

1st Place Team (Prize \$1,000) – Team Name: Scale Down 18.80% Charlie Corlies, Angie Laden, Scott Laden, Tim Ward

2nd Place Team (\$500) – Team Name: Williams Fab Four 13.29% Shannon Owens, Gary Williams, Jansen Williams, Kim Williams

3rd Place Team (\$250 – Team Name: City Slickers Chris Harris, Jim Overall, Ben Robinson, Josh Robinson

Individual Prize (\$250) for the person losing the most pounds – Tim Ward who lost a total of 83.75 pounds!!!!!!

Many challengers lost between 25-60 pounds.

The next challenge is scheduled for January 2015....perfect timing for weight loss after summer and all the winter holidays filled with food events .

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