



Team Orrville Pointe Wins Big in the Lose A Ton/ Win A Ton Weight Loss Contest Finale

Lose A Ton/Win A Ton, the three month long 2007 community weight loss contest sponsored by the Growing Healthy Habits Healthy Community Coalition, ended on Friday, November 16th, and the winner of the random grand prize drawing was team Orrville Pointe! Michael McBride was team captain and his teammates included Andrea Will, Rick Gebhard, Carol Walsh, Donna Tucker, Karla Hopkins, Jenn White, and Bernie Upton. Each person lost a minimum of at least five pounds for a grand total loss of 114 pounds by team Orrville Pointe!

New additional categories of awards were also presented this year. “All Star” Team Captain citations went to Cindy Holderman of Dunlap Family Physicians, Ginger Preston of Dunlap Memorial Hospital, and Sue Hillebrecht of Trinity United Methodist Church for perfect attendance at all team captains meetings held. Sue also won the \$50 All Star Team Captain of the Year Award for additionally taking her team, the Trinity Trimmers, to weight loss success with a 60 pound weight loss overall.

For the Biggest Loser Award in the individual category, Andrea Will of Orrville Pointe won \$50 for losing the most weight of all (over 25 lbs.). The team that won the Biggest Loser Award of \$100 for “Most Weight Lost” was Orrville Pointe.

Of the 27 teams that registered for the 2007 contest, 23 completed it by turning in their final reports. Thirteen teams met their weight loss goals and were in the random drawing for \$2,000 on November 23rd. The total weight loss from all the returned data was a whopping 1090 pounds. Everyone involved ended up a winner since a lot of weight was lost overall!

Thanks to all who entered the contest and to those who supported their family, friends and teammates in striving to meet their weight loss goals. The Growing Healthy Habits Coalition hopes that everyone will continue supporting one another in their new and established healthy behaviors. Remember that “the journey of a thousand miles starts with a single step.” (Old Chinese proverb).

Please go to www.growinghealthyhabits.com for more information on health and wellness.



Photos of Andrea Will and GHH Chairpersons taken by Lori Reinbolt of the Orrville Chamber of Commerce

Article written and submitted by Mary Lynne Zahler, Wellness Manager at Dunlap Memorial Hospital and GHH CO-Chair, 330-684-4790 or mzahler@dunlaphospital.org