

Lose A Ton/Win A Ton Contest Winners

The Growing Healthy Habits/Healthy Community Coalition would like to congratulate all those who participated in the 2006 Lose A Ton/ Win A Ton contest during the past three months. Initially 32 teams entered the contest which totaled 257 participants. Twenty five teams (199 people) completed the program that began on August 25th and ended on Friday, November 17th. The total weight lost by all 199 people was 1,089 pounds! That averaged to 5.5 pounds per person. The team that lost the most weight was We Will Do It with a total loss of 72.5 pounds, and Mary Naumoff was that team's captain. Other team members included Beulah Mosely, Mattie DeHart, Deb Mayhew, Dorothy McGrew, Joan Rehm, June Steiner, Debbie Miller, Marilyn Mayhew, and Jerry Troyer.

Ten teams out of the 25 who finished the contest met their weight loss goal which was for each team member to lose at least 5 pounds or to have a BMI (body mass index) of 26 or less by November 17, 2006. The ten successful teams were: We Will Do It, Fat Chance of Brenn-Field, Buehler's #3, Buffet Anonymous of Smith Dairy, Keeping Weight a Healthy Low (KWHL), Bootie Busters, The Determinators, Incredible Shrinking Women, Buehler's Meat Department, and the Fit Squad of Wayne College.

The random drawing was held at the Orrville Home for the Holidays event on Friday evening, November 24th. The Keeping Weight a Healthy Low (KWHL) team was selected as the grand prize winner of \$2,000. When asked how they were so successful, Cheryl Diehl, KWHL team captain, stated: "we were successful because of the support we received from one another. Most of us work together and we cut out all snacks during the day!" The KWHL team members consisted of Cheryl Diehl, Doug Diehl, Krista Musser, Laurie Kindler, Cheryl Kirkbride, Gloria Kaufmann, and Nancy Hranko. The team hailed from Kropf, Wagner, Hohenberger and Lutz Attorneys at Law practice. Congratulations to all on your excellent weight loss successes!

There will be a final follow up lunch meeting at noon on Tuesday, December 12th in the Conference Room at Dunlap Memorial Hospital for all 2006 team captains. This will be a time for the team captains to share their tips for success, discuss challenges their teams encountered, and talk about ideas for next year's program.

The Growing Healthy Habits Coalition welcomes suggestions, comments, and input from anyone living in the Orrville community who has an interest in health and wellness. Please visit our website for upcoming events and for links to other health-related sites at www.growinghealthyhabits.com .

(continued next page)



Photo of winning team Keeping Weight a Healthy Low (KWHL):
Pictured from left to right are Marilyn Mahoney, Cheryl Kirkbride (back row),
Krista Musser (front row), Laurie Kindler (back row), Cheryl Diehl (center), Nancy
Hranko (back row), Gloria Kaufmann (front row) and Dr. Andrew Naumoff.
Not pictured: Doug Diehl.
Photo taken by: Jenni Reusser

Article and photo submitted by Mary Lynne Zahler, Wellness Manager at Dunlap
Memorial Hospital, 330-684-4790