



Lose A Ton, Win A Ton (LATWAT), the three month long community weight loss contest sponsored by the Aultman Orrville Hospital's Growing Healthy Habits (GHH) Coalition, ended on Friday, March 31st. The winner of the grand prize drawing of the successful teams was completed at Heartland Point on the first day of #Orrville Walks on Thursday April 6. Team "Choose to Lose" was our grand prize winner! Tisha Dalesandro was the team captain of the Aultman Orrville team and her teammates included: Kathi Bond, Hobie Bond, Marilyn Carson, Sarah Gentry, Angela Jones, Sue Marlow, Kathryn Marlow, Dot Mawrer, and Rachel Sprowls.

Of the 14 teams that registered for the 2017 weight loss contest, 8 were successful in meeting the competition requirements of losing at least 5 pounds or maintaining a BMI of 26 or under. The total weight loss for all the participants was 821.4 pounds! 38 of the 130 participants reached or maintained a BMI of 26 or less while 10% lost 15 pounds or greater.

Watch for information early in November 2017 for GHH's 2018 program information. Because of the huge accomplishments achieved by our teams, we will be sponsoring another New Year's resolution weight loss team program. The speaker series, individual category prizes will continue, and other fun additions will be made to enhance our LATWAT program next year.

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

