



Time to Form a Lose A Ton/Win A Ton Weight Loss Contest Team Once Again and Win Big!

The Lose-A-Ton/Win-A-Ton Weight Loss Contest is back! Growing Healthy Habits (GHH) Community Health Coalition is bringing back the Lose-A-Ton/Win-A-Ton Weight Loss Contest for its fifth consecutive year in Orrville and its surrounding communities. Obesity and lack of exercise are two of the top health problems in the United States today, following tobacco use, so the GHH Coalition wants to address these problems head-on in our area.

The 2008 contest is slated to begin Monday, August 25th and will run through November 21st. The Community Goals are to collectively lose more than 2,000 pounds of extra weight and to get more people walking the loop walk on Thursday evenings between 5-7 pm in downtown Orrville. Since the inception of this contest, community members have already lost more than 5210 pounds!

The good news is that you don't have to lose weight or walk all by yourself because this is a team effort. All you need to do to get started is to recruit a team of 7 to 10 adults (18 years of age and older). Registration fees are \$15 per person due at the time of registration. The \$15 per person registration fee will include a red t-shirt. Team captain motivational meetings will be held twice per month at Dunlap Community Hospital in the Conference Room from Noon- 1 pm every other Wednesday beginning September 3rd. Hand-outs, tips, incentive prizes, and wellness speakers will be on hand to lend support and encouragement for team captains to take back to their respective teams.

In order for a team to be eligible to win the grand prize of two thousand dollars, each teams' members must meet their individual weight loss goals (monitored by the team captain) by the end of the three month contest period. Their team will then be entered into a random drawing to be held at the Orrville Home for the Holidays event on Friday evening, November 28th, for the Grand Prize of two thousand dollars. The Individual Weight Loss Goal is that each team member must lose at least 5 pounds OR have a Body Mass Index (BMI) of 26 or less by the end of the contest on November 21st. A Body Mass Calculator is accessible from the GHH web site or go to www.cdc.gov/nccdphp/dnpa/bmi

The 2008 contest will begin with a Loop Walk Kick-off night on August 28th at Heartland Point. Each week a different group will sponsor the Thursday night Loop Walk and provide the drawing prizes and some very special guests for meet and greet sessions as well. The first Loop Walk on August 28th will be sponsored by Dunlap Community Hospital and Dunlap Family Physicians with Novo Nordisk on hand to do free cholesterol and glucose screenings from 5 – 7 pm. The second Loop Walk on September 4th will be sponsored by the Heartland Education Committee and will feature a free stretching class at 6 pm, 6:30 pm, and 7 pm by Linda Macklin, Certified Personal Trainer and fitness business owner. The weekly Loop Walk sponsors will be trying to get as many walkers out as possible on their particular nights.

The Healthy Thursday Loop Walks will be held from 5- 7 pm each week from August 28th - November 20th to help participants meet their weight loss goals. The loop walk is a 2.5 mile route that consists of Main Street to High Street to Crown Hill Road to Vine Street in downtown Orrville. Check in each week at Heartland Point and begin the Loop Walk from there. A weekly random drawing will be held, with all who check-in eligible to participate. November Loop Walks will move into Orrville High School due to the colder weather typical at that time of the year.

Team Captains meetings will be held at Dunlap Community Hospital from Noon – 1 pm in the Community Room every other Wednesday beginning on September 3rd. Special fitness discounts will be available for LAT/WAT participants again this year at Dunlap West, Orrville Curves, and at the Orrville/Dalton YMCA.

LAT/WAT registration & informational brochures are available at the following locations: Dunlap Community Hospital, Dunlap West, Orrville/Dalton YMCA, Dunlap Family Physicians, Family Practice Center, Heartland Point, Orrville Public Library, Orrville Curves, and the Orrville Area Chamber of Commerce. You can pick one up or you may also download, print, and complete the registration brochure from the GHH website at www.growinghealthyhabits.com. Send completed team registration forms with fees to Marilyn Mahoney at Dunlap Family Physicians, 830 S. Main St., Orrville, OH 44667. For more information and updates about the contest, check out the GHH web site regularly or contact Mary Lynne Zahler at 330-684-4790 or Marilyn Mahoney at 330-684-2015.

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