

Biggest Loser is a Winner Competition

Do you have a goal to lose 10 pounds?

Would like to bring your cholesterol down 30 points?

Have a patient you are working with to quit smoking?

Have a friend who you are encouraging to get off the couch and start moving?

If so – READ ON! This competition is for YOU!

As you may have heard, the 2008 President's Project is Healthy People 2010 – Promoting Physical Activity. As part of this project, WAPA will be having a "Biggest Loser is a Winner" Competition. This competition is open to members, members' patients, friends or family and will focus on improving physical activity and healthier lifestyles. What you "lose" or help coach someone else to "lose" is up to you – as long as it equates with a healthier lifestyle. Examples: weight, inches, cholesterol points, minutes spent sitting in a day, minutes it takes you to run/walk/bike/swim/ski/skate/row/move any set distance, clothing size, body fat, BMI, cigarettes smoked – whatever measurement you feel was a LOSS that MADE YOU A WINNER!

Members who submit a story or personal challenge to the PR Committee will each receive a special award, and will be entered for a chance to win the Grand Prize!! It will be worth it – trust us! You can win by either being the "Biggest Loser is a Winner" or by being the member who helped coach the "Biggest Loser is a Winner" – so let's get GOING! The goal is to announce the winner at the Fall Conference in Appleton. For more information, contact Kim Shefchik, Public Relations Committee Chair at kmdalebroux@yahoo.com.

Of course, visit your PA prior to starting any exercise program to make sure you are healthy enough for physical activity☺