

Pacific States Holds Biggest Loser Competition

June 21, 2012

Why is it so hard to lose weight? Chances are, all of you, at some time or other in your life, have tried to lose a few pounds, whether on your own or with the help of a formalized weight loss program. At Pacific States, the Wellness Committee wanted to assist those Team Members that wanted to drop a few pounds just in time for summer and thought a Biggest Loser Competition would offer the support and motivation they might need to help them shed those unwanted pounds.

They distributed flyers to the entire Team announcing that the competition would begin on March 1 and end on May 31. The entry fee was \$10.00 and the competition was based on the biggest percentage of weight loss, not just pounds lost. Participants were required to weigh in every two weeks, and if you were unfortunate enough to gain a few pounds, well that would cost you \$1.00 per pound gained. If you failed to weigh in, you were dropped from the competition.

Prizes were awarded to the 1st and 2nd place winners, based on the amount of money raised through entry fees. To make the prizes even better, Pac States contributed \$10.00 for every participant that joined the competition. The competition was neck and neck, but in the end there was a clear winner. We are proud to announce that Davy Crockett (Purchasing Department) won first place by losing 50 pounds (18.59%) and was awarded 70% of the prize money. Arturo Lugo (Finishing Department) came in second place by losing 39 pounds (18.48%) and was awarded 30% of the prize money. Collectively the entire group lost a total of 319 pounds!

Losing weight is a worthwhile goal, but if we set a larger goal of changing our eating and physical activity behaviors for good, we will lose weight and keep it off.

Congratulations to everyone that participated in the competition – you are all winners!