

2009 BIGGEST Loser Challenge

The 2009 BIGGEST Loser Challenge was a friendly weight management competition between employees in support of becoming healthy Ohioans. It was a ten (10) week challenge that ran from March 2, 2009 to May 11, 2009. There were seventeen (17) registered teams of three (3) for a total of fifty-one (51) team members. The teams represented a combination of employees from all nine (9) Commerce Divisions. The participants weighed-in three (3) times during the ten (10) weeks and used various methods to assist them with "*dropping those pounds*". The final results were based upon the teams and Division that lost the greatest percentage of weight. Each team member paid an entry fee of \$5.00. The entry fees were used for the monetary prizes for 1st, 2nd, and 3rd place teams.

- 1st place team lost **9.6% of their total body weight**. The team consisted of *Larry Scott, Stuart Gartrell, and Thom Androsac*.
- 2nd place lost **9.1% of their total body weight**. The team consisted of *Doug McCollough, Craig Howell, and Chuck Molnar*.
- 3rd place team lost **5.0% of their total body weight**. The team consisted of Ray Blackerby, Rick Miller, and Rick Ashley.
- The Division of Industrial Compliance won the divisional award by losing 10.7%.

And the BIGGEST Loser is...



Larry Scott from the Division of Industrial Compliance lost a total of 14.9% of his body weight. Awesome job Larry!!

Testimonials:

"I appreciate Dwanna & the Biggest Loser program. They were the biggest motivation for me to lose 31 of the 38lbs. that I wanted to lose; besides it was kinda fun, Thank You." **Larry Scott**

"The Challenge helped me focus on my goal to lose weight and exercise. We were given several fitness/wellness tips that I will use for a lifetime." **Joe Patterson**

"I enjoyed having two other co-workers on my team for motivation. I think that it is much harder to keep focused on losing weight if you don't have a motivator. My teammates were my motivation." **Dwanna Bagner**

"It motivated me and I'm continuing to lose weight." **Rick Miller**