



PRESS RELEASE

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YMCA NAMES NEW BIGGEST LOSER!



GREENVILLE, OH (December 16, 2008) – The YMCA of Darke County recently concluded its second Biggest Loser Competition. Forty men and women set out on a 12-week weight-loss journey that began on Tuesday, September 2, 2008. Each participant had an initial weigh-in, fitness assessment and nutritional assessment. Biggest Loser participants also took a cardio-strength class (Chisel) three times per week, had bi-weekly weigh-ins and bi-weekly informational meetings.

The Biggest Loser Competition wrapped up on Saturday, December 6, 2008. Jennifer Harry of Greenville was the Biggest Loser, losing 9% of her body weight. Rebecca Stump of Arcanum came in 2nd, losing 5%; Jane Clum of Greenville took 3rd, losing 5%; and Jamie Harry of Greenville placed 4th, losing 3% of her total body weight.

Jenny Harry gave this testimony at the awards ceremony at the YMCA on Monday, December 15.

“The Biggest Loser Program has given me the confidence to know that I can do it! The exercise program is the biggest obstacle and I now know I can handle that portion.” Harry goes on to say, “Looking back, I can see the excuses go away. I now enjoy the exercising and

even tried running and was able to do it. Thanks for giving me the confidence to exercise. I appreciate the information from the dietician. That was very helpful.” In conclusion Harry says, “The program was very good. Thank you!”

Prizes given out included a YMCA Membership, YMCA Fitness Classes, a KitchenAid Chef’s Chopper donated by KitchenAid and YMCA apparel. We would also like to thank Marsh’s for their donation of water and bananas and Wal-Mart for their donation of door prizes.

The YMCA is now accepting registrations for the winter session of the Biggest Loser. Informational packets are available at the YMCA in Greenville and Versailles as well as online at www.ymcadarkecounty.org. The Biggest Loser Program will run from Monday, January 5, 2009 through Saturday, April 4, 2009 and is now being offered in both the Greenville and Versailles facilities. The cost of the program is \$50 for YMCA Members and \$150 for all others. The program includes weigh-ins, a

fitness assessment, a health assessment, a nutritional assessment, informational workshops, the Chisel exercise class and a Biggest Loser t-shirt. Participants must be at least 25 pounds over weight in order to participate. Space is limited so sign up today!

For more information about the YMCA's Biggest Loser Competition, please contact Darla Sutherland, Health and Fitness Director, at 548-3777, ext. 28 or at dsutherland@ymcadarkecounty.org.

The YMCA of Darke County is a non-profit membership association of over 5,800 members with facilities in Greenville and Versailles. The mission of the YMCA of Darke County is to develop the whole person – spirit, mind and body – through character development programs that reinforce Christian principles and that build strong kids, strong families and strong communities.

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