



## **GreeneHealth**

**Greene County Rural Health Network, Inc.  
Suite A112, Catskill, New York 12414  
Jay P. Cahalan, President**

**518-943-5072 (o)**

**518-943-5084 (f)**

### **Rural Health Network Awards Cash Prizes to the Biggest Losers**

The Greene County Rural Health Network's Healthy Weight Initiative is pleased to announce that 37 people were awarded cash prizes in the second annual Biggest Loser contest. More than 370 people entered the 12-week contest, which started January 13 and ran through April 4. The contest was open to residents of Greene County and coordinated by **30** local employers and organizations. Awards were given in two categories: total pounds lost and percentage of weight lost, and the top 3 winners in each category were given \$300, \$200, and \$100 each. The next 31 people who lost the most weight were each awarded \$50 gift cards. The winners lost, on average, about 5%-10% of their weight over the 12-week period, according to Program Coordinator Melissa Scheriff. Participants were given a weight loss guide, calorie counting wheels, and weekly tips to assist them in their weight loss. The main purpose of the contest is to motivate people to lose weight and to do so with their colleagues and friends. Even if they lose only a few pounds, it's a start and many times that's the hardest part.

Of the 30 agencies that participated in the contest, GlaxoSmithKline in Durham employs the highest number of winners. Three of their employees ranked in the top six and four others ranked in the top 30. "I feel better, sleep better and my knees don't hurt anymore," said

2nd place winner, GlaxoSmithKline employee Dan Arp. "My diabetes is also under control. I haven't had to take insulin in three months!" First place winner Adam Greco also credits the contest with motivating him to shed 40 pounds. "I feel so much better," said Greco. "Now I know how many calories I should be eating every day."

"People will have another chance to lose weight and win a cash award because we are planning another contest for 2015," said Scheriff. The Healthy Weight Initiative is a program of the Greene County Rural Health Network that aims to help Greene County residents reach and maintain a healthy weight. To learn more, go to [www.greenehealthnetwork.com](http://www.greenehealthnetwork.com).

**(Pictures attached)**

**Captions:**

**Picture 1: Front Row:** Holly Martin, Joann Pignotti, Adam Greco (1st Place winner), Linda Overbaugh, Trish Holland, Dave Cramer

**Second Row:** Hank Coons, Elizabeth Chewens, Greg Martin, Pam Wright, Mark Notarnicola, Wendy Casalino, Shelly Gouza

**Picture 2:** GlaxoSmithKline winners: Kimberly Hall, Sonja Orin, Catherine Mattice, Dan Arp (2nd place winner), Randy Buel, Dawn Miller (1st place winner), Marina Farber (2nd place winner)