

GetFitColville: The Week After Kickoff

Wow, June 12, the Year-End Celebration and Kickoff Event for GetFitColville was an incredible evening! Over the next few weeks, I want to share with you the stories of those whose lives were changed by GetFitColville this past year. They were truly inspiring. The top 10 losers for GFC for percent of body weight lost were: Cherie McNitt, Leslie Harrington, Kathi Garrison, Tina Nizich, Earl Adams, Eric Carpenter, Wendy Rogers, Linda Carpenter, Ruth Aebischer and grand prize winner, Cindy Bunkelman, who lost 104 lbs. and won \$1,000. Everyone was a winner. It was wonderful hearing the crowd cheer them on as they told their stories of what worked for them and how they did it. Suzy Preston, runner up from the Biggest Loser TV show, was so supportive of the winners, and encouraged us all to continue on with our commitment to better health.

By the way, it's not too late to sign up for GetFitColville this year for just \$5, and anyone can join us, whether or not you have participated before. Go down to the Colville Fitness Center today, sign up, weigh in, find out how to get a free pedometer, and ask about the Complete Health Makeover. This is a new feature for a few (4 or 5 this year) participants in GFC. We are looking for individuals in our community who are ready to make a radical change in their lives to improve their health. It doesn't matter how sick you are. We'll take you if you have diabetes, or high blood pressure, or high cholesterol or other medical problems. Those who are chosen will receive personal instruction on nutrition and fitness to outline an individualized program for them. The participants will be supported by a team of nutritionists, fitness experts, and medical personnel who will help them over the next year to improve their health significantly. Your support team will work with your doctor to make sure that they outline a program that will be safe for you.

Are you ready? Come and talk to us, fill out an application, and we'll see what we can do. At the end of the next 12 months, we will document your progress. We want to demonstrate how powerfully lifestyle changes can impact health. Don't delay, because application for the Complete Health Makeover will only be open for the next 2 weeks, and then we will choose our candidates.

Congratulations to all of you who participated in GFC this past year. Next year will be even better.

Barry J. Bacon, MD