

Makeover Finalist

Sept 2008

Hi Get Fit Participant-

Here are the numbers for the month of August...

226 pounds lost in August

575.2 lost this year so far

2.6 pounds lost on average for everyone that weighed-in in August

11 pounds was the most anyone lost this month, that amazing weight loss was done by Marcia Kringen

Congratulations to Marcia and everyone who lost weight in the month August.

We have a fun event coming up... on September 19th we are having a fun walk. We will be meeting at the Colville High School Parking lot at 5:45 pm and we will end back at the High school at about 7:00. There will be a football game that night, so if you wanted to, you could go the football game after our walk is over. We are inviting people of all fitness levels, to this fun group walk! So come and join us!

Also, the sign up for our October lecture is now posted at the Colville Fitness Center. This lecture will be on October 22nd at 6:00 pm at the Health Education Center, across the street from Mt Carmel. The topic of this lecture will be "Carb Counting and Glycemic Index" and it will be presented by Theresa Zilka. So if you are interested in signing up for that lecture please call (509-684-4307) or stop by the Colville Fitness Center.

We had our first group meeting with the Complete Health Makeover finalist last night... we are very excited to help these seven people reach their goal of better health and weight loss, and document their story and share it with all of you in the weeks and months to come. We will be meeting as a group weekly and documenting their journey through video. They are also all working out regularly at the Colville Fitness Center and working regularly with a personal trainer.

The top seven people that were chosen out of the 17 that applied are: Shannon Henry, Louise Pearson, Christy Iverson, Basil Bowe, Mila Stewart, Damon McClung and Terry Nordlund. So if you know any of these people, make sure you give them some encouragement... the more support they get from our community, will only help with their goals of better health.

Keep Getting Fit Colville!!!