

Armstrong County Biggest Loser Contest off and Running.

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Groundhog Day marked the kickoff Armstrong County's annual "Biggest Loser Contest" with 50 county employees joining 11 teams in a spirited competition to determine which team and which individuals can lose the most weight between February 2 and April 12.

County Human Resources Director Maryanne Koleny said the obvious goal of the contest is to lose weight, "But the ultimate goal is to improve an employee's overall health in a fun way."

Employees, representing nearly all county agencies and departments, lost a total of 391.2 pounds in the 2011 Biggest Loser Contest. Participants weigh in each week. Cash prizes are awarded to the first and second place teams and the individuals who lose the most weight at the end of the 10-week contest.

Last year the "No More Brownies" team split \$300, or 35 percent of the purse for placing first with an average weight loss among team members of 9.04 percent. "Hot Tubs" took second place, losing an average of 6.48 percent. Team members split 25 percent of the purse. The top two individual winners lost 12.7 and 12.6 percent respectively of their total body weight and split the remaining money. Eighteen others were recognized for losing at least 10 pounds or more during the challenge.

Prize money is raised through registration fees, weekly dues and fines on participants who gain weight. One dollar is charged for each pound gained. This is the seventh year of the contest.

For more information, contact:

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