



## THE PROGRAM

Lose weight and get fit in a healthy, safe way for life! This 16 week program is focusing on proper exercise and diet for individuals who want to lose weight and get more physically fit. No tricks. No gimmicks. Just hard work and real results.

The individuals were selected to participate in the program that, during the first 8 weeks, includes weekly group meetings with some professional guidance. The following 8 weeks will give the individuals a chance to incorporate these new concepts into their life on their own. Throughout the process their story will be in public view.

The participants are varied sizes, possess different levels of athletic ability, and have a strong desire to make a positive change in their life.

They will receive a lot of encouragement from the program committee and from the entire community; however, the true motivation has to come from within them.

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### WINNING FORMULA

The winner or “BIG LOSER” in this case, will be determined by using a formula based on percentage of body weight lost and attendance at group meetings.

For example:

Starting weight = 200 lbs. Ending weight = 171 lbs. Pounds lost = 29 lbs.

Take your pounds lost (29) divided by starting weight (200) = your percent lost (14.50%).

Highest percent lost plus attendance points is Cresco’s “BIG LOSER”.

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**QUICK FACTS** The contest is in its 15th year. The previous winners are:

<b>2018</b>	<b>Chris Rogne</b>	<b>16.92% of body weight lost.</b>
<b>2017</b>	<b>Mindy Hauber</b>	<b>19.52% of body weight lost</b>
<b>2016</b>	<b>Crystal Wetherington</b>	<b>20.14% of body weight lost.</b>
<b>2015</b>	<b>Karen Ollendieck</b>	<b>13.24% of body weight lost.</b>
<b>2014</b>	<b>Allen Gaul</b>	<b>19.35% of body weight lost.</b>
<b>2013</b>	<b>Diana Sobolik</b>	<b>24.77% of body weight lost.</b>
<b>2012</b>	<b>T.J. Casper</b>	<b>16.48% of body weight lost.</b>
<b>2011</b>	<b>Wayne Mlady</b>	<b>21.08% of body weight lost.</b>
<b>2010</b>	<b>Marinus Mlady</b>	<b>19.51% of body weight lost.</b>
<b>2009</b>	<b>John Lloyd</b>	<b>19.01% of body weight lost.</b>
<b>2008</b>	<b>Marsha Baethke</b>	<b>23.88% of body weight lost.</b>
<b>2007</b>	<b>Rod Freidhof</b>	<b>19.33% of body weight lost.</b>
<b>2006</b>	<b>Sara Kleve</b>	<b>11.82% of body weight lost.</b>
<b>2005</b>	<b>Bill Caffrey</b>	<b>21.32% of body weight lost.</b>

The final results and awards presentation is scheduled to take place during the ‘Mighty’ Howard County Fair – Friday, June 28, 2019.

Update stories will appear in the Times Plain Dealer approximately once a month.