



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.

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”.

QUICK FACTS

The contest is in its 11th year. The previous winners are:

2015	Karen Ollendieck	13.24% of body weight lost.
2014	Allen Gaul	19.35% of body weight lost.
2013	Diana Sobolik	24.77% of body weight lost.
2012	T.J. Casper	16.48% of body weight lost.
2011	Wayne Mlady	21.08% of body weight lost.
2010	Marinus Mlady	19.51% of body weight lost.
2009	John Lloyd	19.01% of body weight lost.
2008	Marsha Baethke	23.88% of body weight lost.
2007	Rod Freidhof	19.33% of body weight lost.
2006	Sara Kleve	11.82% of body weight lost.
2005	Bill Caffrey	21.32% of body weight lost.

The final results and awards presentation is scheduled to take place during the ‘Mighty’ Howard County Fair – Friday, June 24, 2016.

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