

Another success story Rangeley's Fit N' Big Loser Challenge ends

RANGELEY — The pounds are gone and the inches have melted away like the snow.

The second annual Rangeley Fit N' Big Loser Challenge sponsored by the Rangeley Region Health and Wellness Partnership closed April 9 with a total of 1,266 pounds and inches gone.

Of the original 184 entrants in the three-month competition, 110 lasted until the final weigh-in, decreasing body fat percentage by an average of 4.3 percent per person and attending over 200 exercise and nutrition classes and fitness challenges.

"This has been another exciting contest which resulted in a lot of our friends and neighbors feeling younger and fitter than ever. Thanks to all the participants and our team captains who played a tremendous role in motivating their teams and communicating information throughout the 12 weeks. As our participation has grown so has our need for involved team captains to make this all work. And we owe a special thanks to Erin LaRoche (Rangeley Fit 'N' Big Loser coordinator), who worked many hours to make this program such a huge success," commented Nancy Bessey, program committee chairman on the RRHWP board of directors and one of the contest organizers.

Overall winner of the competition with 475.5 points was Rangeley resident Tim Allen, who shed a total of 56.5 inches and pounds and had a 14.5 percent reduction in body fat. For all his efforts Allen won a weeklong trip to Los Milagros resort in Cabo San Lucas, Mexico.

"This was not so much about the vacation as the accomplishment. It's about how I feel and the dedication. Of 180 people to come in first is quite an accomplishment," said Allen

Following closely in second place was Dan Patterson of Oquossoc with 448 points, a combined loss of 54 inches and pounds and an 11.5 percent change in body fat. Patterson won a two night stay at the Kimberley Hotel in New York City and two tickets to the Rachael Ray Show.

Claiming third place and a prize of a one night stay in the Spa Suite at the Senator Inn in Augusta and enrollment in the Boot Camp exercise program at the Wellness Pavilion in Rangeley was Mihaela Hambrick with a sum of 446 points. Hambrick lost 42 inches and pounds and



Rangeley Fit 'N' Big Loser contest winner Tim Allen draws applause and smiles from fellow competitors during the April 9 awards ceremony.

had a 12.5 percent drop in body fat.

"I feel great and this has been a great experience. It's not just about the competition. It's about lifestyle now," said Hambrick, who plans to continue with the exercise and weight loss regimen. "If you are trying to change your life, this is a good way to do it."

Finishing in the top slot among teams was the blue team with a 5,134 points, 194 pounds and inches lost and an 82.5 percent reduction in body fat. Following were the purple, green, pink, magenta and gray teams.

According to Bessey, plans for next year's Fit'N' Big Loser Challenge include orientation and training sessions for team captains and the possibility of two separate 12-week competitions, one aimed at weight loss and the other at fitness.

"This (the separate contests) will allow a better concentration on each of these goals and allow those who get into the program for weight loss to continue into a

12-week fitness contest. Our contest participants have given much feedback during the contest and we'll get lots more to aid our planning for next year," she said.

For more information about the Rangeley Fit'N' Big Loser Challenge or other programs at the Rangeley Rehab and Wellness Pavilion call 864-2900.

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