



**\$10,000**  
TREASURE VALLEY  
WEIGHT LOSS  
**Challenge**



**WINNERS 2010**

Congratulations to all 81 Finalists who lost a total 2,511 pounds, an average 31 pounds each, in the 2010 Treasure Valley Weight Loss Challenge.

**1<sup>st</sup> Place Woman**

**MELISSA ZACARIAS Lost 76.8 pounds, 30% bodyweight**

Melissa lives in the small town of Glens Ferry. When she started the Challenge last January, she began walking around town. People would stop to offer her rides, and she would explain that she was walking to lose weight. Pretty soon, the whole town knew and supported her. She walked and went to the gym or exercised at home almost every day. She cut back on red meat and carbohydrates. The prize kept her going, she said, because she and her husband have been living in two different countries for more than a year. She will use the prize money to visit him in Mexico this summer. And she plans to continue her weight loss by participating in Weight Watchers with her sisters.



**1<sup>st</sup> Place Man**

**DON MORSE Lost 97.6 pounds, 36% bodyweight**

Don worked hard —really hard. He walked four miles at work each day, then worked out at the



YMCA walking / running, weight lifting and on the elliptical. If that wasn't enough, he also participated in a Fitness Boot Camp three nights a week! His wife is a dietitian and was instrumental in helping him learn how to eat differently. He ate smaller and fewer portions, and slowed down to allow his brain time to signal "FULL". His motto became "Eat to live, and not live to eat!" His 12-year old daughter was his 'personal trainer' and motivated him to work when he didn't feel like pushing himself. His 16-year old son has big biceps and 6-pack abs and was always "generous" enough to show them off to motivate Don to do his work! He has a new lifestyle and wants to be a good example for his kids. He will spend his prize money on a nice summer vacation, some hip clothes to fit his new physique and a couple of deep tissue massages.

### 2<sup>nd</sup> Place Woman

#### **VIKKI HOFHINE Lost 49.4 pounds, 26% bodyweight**

Vikki's exercise was walking, yoga and workout DVDs. She ate more nuts, fresh fruit and vegetables, and gave up most starches and sugars. Her mother and her friend and roommate, Lydia, were her biggest cheerleaders. She and Lydia dieted and exercised together since January and applauded each other's success along the way. "I am in my early 50s, and this has been a lifestyle change for me," she says. "I will just keep eating the same way, because I don't feel deprived, and I feel so much better when I take care of my body." She plans to buy new bikes for her son and herself with her prize money.



### 2<sup>nd</sup> Place Man

#### **PAT DONALDSON Lost 81.4 pounds, 33% bodyweight**

Pat started out with low-impact workouts at the YMCA, alternating days between the elliptical machine, stationary bike and swimming. At the beginning he worked out 30 minutes a day and eventually progressed to 50 minutes. After he lost 50 pounds, he began running every other day. He typically ate a bowl of oatmeal in the morning, a piece of fruit mid-morning, a small lunch, a piece of fruit or handful of nuts in the mid-afternoon and then a small dinner. For dessert, he had a small bowl of frozen fruit. He used the USDA's Food Pyramid website to track his daily food intake and physical activity. It graphs the data and also keeps track of the history, which helped him visualize his progress. "Yes, I did falter a few times," he says. "My weakness is pizza, so once in a while we would pick one up. The difference is that I would have a couple of slices and a salad instead of the whole pizza and beer." His wife, sons and co-workers were his biggest supporters. He is happy to be in better shape to do things with his two boys.



### 3<sup>rd</sup> Place Woman

#### **CAROLYN BLACKHURST Lost 60.4 pounds, 26% bodyweight**

Carolyn took an aqua aerobics class at Idaho Athletic Club, so that she could exercise without aggravating a painful knee. She cleared out her pantry and refrigerator of all refined sugars and processed food and ate whole grains, organic vegetables and fruit, and vegetarian protein. She posted Facebook updates after each weigh-in. She thanks all her cheerleaders, especially her friends Jana and Julie, her pastor Marci Glass, and her husband Scott who has type 1 diabetes. He joined her in eating healthy and lost 20 pounds himself. "The benefits of eating healthy and exercising were immediate," she says. "I realized that having energy and sleeping good felt better than eating cookies."



### **3<sup>rd</sup> Place Man**

**ARLO DECKER**



**Lost 114.6 pounds, 30% bodyweight**

Arlo has had two hip replacements and didn't exercise at all until he lost about 40 pounds. Then he started walking short distances. He later rode a stationary bike and used an elliptical. Eventually he could walk around town for 40 minutes. He and his wife both used Weight Watchers books and calculators. He charted his weight daily. He stayed committed, he says, by looking at old photos and the clothes he used to wear. His health has improved so much that he no longer has to take blood pressure medication. His goal is to reach his college football weight of 39 years ago. He plans to take the family on vacation before his son-in-law goes to Iraq with the Army Reserves.

### **1<sup>st</sup> Runner-Up Woman**

**LORI PENNINGTON** Lost 63 pounds, 24% bodyweight

When Lori started, she would get winded just walking to the car at the grocery store. Her body ached all over. And with a family history of diabetes, she knew it was time for some serious lifestyle changes. She made a commitment to herself to be the best self she could be! She now works out 5 days a week including boot camps and crossfit training. She parks her car far from her destinations and walks FAST, takes the stairs, walks the dog, and meets her minimum of 10,000 steps a day. She eats three balanced meals a day, and two snacks. Fast food is out of the picture –she only eats whole foods now! Her daughter has been her biggest cheerleader, helping her pave the path to better health.



### **1<sup>st</sup> Runner-Up Man**

**JUSTIN BRUNE** Lost 64 pounds, 23% bodyweight

Justin used a DVD workout program that combined yoga, weightlifting, pull-ups, push-ups,



cardio and karate. Most of his workouts were less than an hour, so he could fit them in before work in the morning. He rarely ate candy or desserts but still enjoyed large, healthy meals. He says he learned that he didn't have to "eat like a bird to lose weight. I just needed to eat the right kinds of food and always work out." His wife Brandy convinced him to sign up for the Challenge and supported him throughout. His children Luca and Jax and everyone else in the family were super positive.

## **2<sup>nd</sup> Runners-Up Women (a tie)**

### **JEANETTE DICKEY Lost 55 pounds, 23.5% bodyweight**

Jeanette did all of her exercise at home using DVDs. What worked best for her were smaller amounts of exercise several times a day to keep metabolism high. She ate a healthy, low-cal breakfast, lunch and dinner with snacks in-between. Her husband, children and TOPS (Take Off Pounds Sensibly) group gave her great support. As she had gained weight over the years, she had developed sleep apnea, asthma and allergies. The sleep apnea is now gone, and her asthma and allergies greatly improved. "As the pounds came off," she says, "I became more confident and determined. Success keeps me going."



### **SANDEE RICHARDSON Lost 46 pounds, 23.5% bodyweight**

Sandee's success came from making some good, basic changes. She walked two miles and did stretching exercises every evening. She drank a protein drink for breakfast, ate salads at lunchtime and made a sensible dinner. Her co-workers and kids encouraged and supported her. She plans to continue her new healthy habits.



## **2<sup>nd</sup> Runner-Up Man**

### **ROBERT PHILLIPPI Lost 71.2 pounds, 18% bodyweight**



Robert was inspired by wanting to be around for his wife and to watch his kids grow up. He decided to make some changes and stick to them. He started walking, originally with just small walks around the block and increased up to 3 miles around the neighborhood, in the foothills or along the greenbelt. He used portion control to cut back on his calorie intake and increased his fruits and vegetables. His wife always gave him words of encouragement.

## **3<sup>rd</sup> Runner-Up Woman**

### **ELISA ARAUJO Lost 60 pounds, 23.4% bodyweight**

Elisa exercised 40 minutes a day 7 days a week, walking in the foothills, downtown or on a treadmill. She cut back on junk food and bad fats, and tracked her calories with an online program called LiveStrong.com. She let herself enjoy the foods that she likes eating. Her family and friends supported her, including Alan and Jenn who were there for every step... or mis-step.



### **3<sup>rd</sup> Runner-Up Man**



**CHESTER SCHWERD Lost 39.4 pounds, 15% bodyweight**

Chester claims that the weight loss was easy! He only walked and ran up to 5 miles a day, and limited his food intake to about 1,800 calories. He ate 3 meals a day, with 3 snacks. He kept a picture of himself on the refrigerator at his starting weight to stay inspired.

### **Honorable Mention Couples**

**SARA AND BRIAN WINFREY lost 52 and 44 pounds**

Thanks to the Challenge, Sara discovered ZUMBA – a fun, Latin-inspired dance class that she loves so much that she wants to become an instructor! Exercise has now become a family event with everyone biking, swimming, hiking or playing at the park several times a week. They eliminated sugar and white flour from their diet and greatly reduced portion sizes. And instead of eating dessert every night, Sara drinks a cup of tea after dinner. She and her husband have made these changes together and their family is now much more active.



### **DUSTIN VANCOUR AND JENNIFER VIOLETTE each lost 41 pounds**

Dustin and Jennifer are 27 years old. They were engaged last December. They have struggled with weight since high school and knew that they wanted to change for their future and their future family. When they heard about the Treasure Valley Weight Loss Challenge, they decided to join together. They made moderate changes to their diet and started exercising. They still ate junk food and fast food sometimes. But they also ate more fruit and vegetables and watched their portions. They exercised 45 minutes 2-5 times a week. Jennifer says, "We never expected to have the results that we have." They look forward to showing off at their wedding next spring.



### **DANNY LARKIN AND SHAWNA COINER lost 29 and 38 pounds**



Danny Larkin and his girlfriend, Shawna Coiner, wanted to get more fit and become a 'sexy couple' again. So they joined the Weight Loss Challenge together and supported each other through the entire process. Danny started out snowboarding as a way of exercise, and then started going to the gym three times a week and hiking in the foothills. Tracking his food intake, he was shocked to discover that some of his favorite foods were really high in calories. So he started making healthier food choices - no more fried food, soda or fast food - and cut his calorie intake by 1000 every day. To avoid temptation, he stocked the house with organic fruits, vegetables, and lean meats. His girlfriend even got him to switch to skim milk! Shawna's goal was to reach her goal weight for her birthday in July. Her mom, boyfriend and close family friends all made it easier for her by living healthy themselves. She cut back on sugar and sodium, read food labels, and tried not to eat after 7 p.m. She hiked, walked the dog, and worked out at the gym. She likes to "switch up" her exercise, so she doesn't get bored.

### **ERICA and TIM JONES Lost 39 and 30 pounds**

Erica's goal for the weight loss challenge was to get back to her weight on the day of her wedding. She got to within 3 pounds of that goal by losing 39 pounds. Her husband Tim did the Challenge with her, and he lost 30 pounds as well. They both work, are students at BSU and they have 4 children. But they still found time to exercise. At the beginning, they went to the BSU rec center. When their schedules got more complicated, that didn't stop them. They bought exercise DVDs and did them together every morning before the kids were up. Tim rode his bike to work and school. They cut out empty carbs and emphasized whole grains, vegetables and low-fat protein in their diet.