

Presented by



Benefitting



**WINNERS 2011**

There were 101 Finalists who lost a total 3,342 pounds, an average of 33 pounds each, and 250 individuals who lost 5% or more of their total body weight.

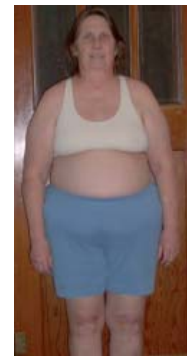
Research shows that overweight individuals who lose 5-10% of their total body weight cut their risk for Type 2 diabetes in HALF!

Congratulations to everyone!

**1st Place Woman - Won \$3,000**

**VICKI ARIATTI-MANGUM – Lost 69 pounds, 29.9% bodyweight**

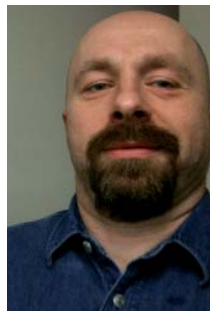
Vicki exercised at home with a variety of DVD workouts, focusing on cardiovascular fitness and building lean muscle. She lost almost 28 inches in 30 days! She found that a low glycemic diet worked better for her body type. She ate several small meals each day, about 3 hours apart, and balanced them to 25% protein, 25% fruits and 50% vegetables. She also sprinkled each meal with grains or nuts for extra fiber. She avoided sugar and did not eat any processed foods. She sometimes steamed her vegetables, but typically ate them raw in salads. She also made sure she drank plenty of water – 2-3 quarts each day.



Before



After



Before



After

**1st Place Man - Won \$3,000**

**MICHAEL GRENTZ - Lost 90.6 pounds, 39.0% bodyweight**

Michael had a great ally in his weight loss journey—His wife, who is a great low-carb cook! With her help, he ate small portions of low-carb meals, five times a day. She has lost 50 pounds too! He walked and did interval training on a recumbent bike for his activity. He stayed committed to his goals because he had a great plan and an “IRON WILL.”

**2nd Place Woman - Won \$1,500**

**LORI YOUNG – Lost 63 pounds, 28.9% bodyweight**

Lori loves donuts. So at first, her husband hid them from her so she would not be tempted. But now Lori has no ‘forbidden’ foods. She understands that she can have a treat occasionally, and then won’t feel the need to binge. She found that eating 5 small meals, each with a protein, worked really well for her. She worked out on the treadmill, and did intervals of walking, jogging and running. She sometimes didn’t follow her plan, but she got back on it and started again – taking it one day, sometimes one meal – at a time. It helped that her daughters would give her big hugs and say she was so skinny that their arms overlapped! Lori participated in the Challenge last year and wanted to continue her journey of better health, so she joined again this year. It paid off in more ways than one!



Before



After

## 2nd Place Man - Won \$1,500

### ROBERT WARD - Lost 105.8 pounds, 36.2% bodyweight

Robert followed the playbook for weight loss. He did 60 minutes of cardiovascular workouts each day, and mixed in weight lifting. For the last month, he added biking to and from the gym. He ate a low-calorie diet, making sure to include enough protein to ward off being hungry and to keep up his muscle mass. He tracked his goals on a spreadsheet, inputting his weight, calories and food choices every day so he could see how he was doing. His wife was his biggest support, encouraging him every step of the way. He plans to continue his healthy lifestyle by monitoring his weight and increasing his weight lifting.



Before



After



Before



After

## 3rd Place Woman - Won \$500

### JULIET TIETJEN – Lost 38.8 pounds, 23.5% bodyweight

“I love spinach, I love spinach” became Juliet’s mantra during the Challenge! She started to think of food as an energy source rather than entertainment or comfort, and learning “portion control” was the key to success for her. She took group classes at the Idaho Athletic Club –and at night when watching her favorite TV shows, she jumped on the elliptical! Juliet explains that she set small goals and took them one week at a time – and if she took a ‘little time off’ – she didn’t give up; she just got back on track. Her husband Spencer was a huge support, eating healthier foods with her. She is so fit now that Juliet plans to run a half-marathon this fall!

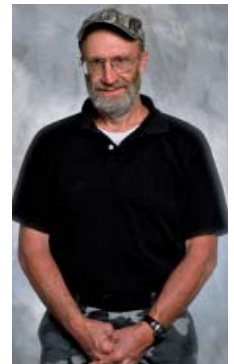
## 3rd Place Man - Won \$500

### JIM KLINE - Lost 88.4 pounds, 34.6% bodyweight

James was motivated to lose some weight so he could get off his blood pressure medications. So, he climbed on the treadmill – over, and over and over again – and hit the rowing machine. He jokes that he had a ‘secret’ diet plan –“Only three easy payments of \$19.95!” – but he stuck to low-calorie, high-protein, high-fiber foods that have resulted in amazing weight loss. He has children and grandchildren who cheered him on during the Challenge. And yes, he no longer needs blood pressure medicine.



Before



After

## 1st Runner-Up Woman

### MARI CARRELL – Lost 56.2 pounds, 23.1% bodyweight

Mari started slowly, but once she started to see the results, she was totally committed to staying the course. The more she lost, the more she realized what poor health she had been in for a long time. But that has changed – once and for all! She started walking 10-15 minutes at work and then added an evening walk. Then she added biking with her kids around the neighborhood – and now bikes 6 miles every day, to and from work! She ate 5 calorie and carbohydrate controlled meals a day and drank lots of water. As Mari learned how to eat and exercise, so did her husband and children. With her growing confidence and her family’s support, Mari has become a health coach, to help inspire and support others in their journey to health.



Before



After



Before



After

### 1st Runner-Up Man

#### MAX JOHNSON - Lost 94.2 pounds, 29.0% bodyweight

Max kept telling himself “Nothing tastes as good as being thin feels!” His strategy was eating a low-carb diet – and soon found that the cravings for the junk food he had in the past were gone. He spent time at the gym on the treadmill, with some weight training on the circuit machines, but did not push himself too hard on the exercise. He kept his focus on creating healthier eating habits. His wife has been a big support, joining him at weight watchers, along with his two sisters – so the entire family is getting healthier.

### 2nd Runner-Up Woman

#### DEBIE SCHELHORN – Lost 51.8 pounds, 22.2% bodyweight

Debie says “I feel so much better now that I can’t imagine ever going back to such an unhealthy lifestyle.” She got herself a workout buddy and joined the Idaho Athletic Club. She worked out 3-4 times a week and started riding her bike to work every day. There were times when she didn’t want to exercise, but her workout buddy helped her stay focused and on track with her activity and healthy eating. She also joined Weight Watchers, which taught her about choosing healthier foods and portion control. Once she got into the routine of exercise and healthy eating, she began to feel better, and was even more motivated to continue her journey. She now has more energy, sleeps better and enjoys her grandkids more because she isn’t always tired and worn out.



Before



After



Before



After

### 2nd Runner-Up Man

#### DANIEL JOHNSON - Lost 75.2 pounds, 26.1% bodyweight

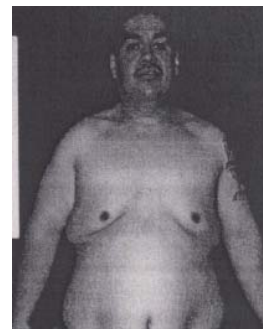
Daniel knew it would take dedication to be in the Challenge. So he worked out twice a day, walking the 1 ½ miles to and from the gym for extra exercise. He cut out 99% of all simple carbohydrates and high-fat sauces and ate lean meats, fruits and vegetables. His family helped him make better food choices and encouraged him to drink plenty of water.

*(\*Note: We recognized Daniel as an “honorable mention” at the awards party, but he was actually the 2nd Runner-Up! Our apologies to Daniel. Consequently, there are two 2nd Runner-Ups this year for the men.)*

### 2nd Runner-Up Man

#### ALEJANDRO ROCHA - Lost 63.2 pounds, 25.8% bodyweight

Alejandro had some great support during the Challenge. His sister worked out with him and his trainer pushed him through his workouts at the gym. And he hit the gym hard, doing 30 to 40 minutes of cardio and lifting weights at least five times a week. He stopped eating greasy foods and ate lots of veggies, salads, chicken and other healthy choices. The more weight he lost, the more energy he had and the better he felt. It inspired him to keep up the hard work!



Before



After



Before



After

### 3rd Runner-Up Woman

#### **ELAINE JOHNSON – Lost 46.2 pounds, 21.9% bodyweight**

Elaine knew it was time for a change. She kept reminding herself that she wasn't getting any younger and she had spent too many years overweight. So she joined Weight Watchers. She started taking long walks around the military base. She did weights and cardio workouts at the gym and played the "Biggest Loser" X Box game. Through it all, her children supported her, exercised with her and ate the same foods.

### 3rd Runner-Up Man

#### **TRACY SKIDMORE - Lost 76.0 pounds, 25.5% bodyweight**

Tracy admits he has taken a lot of time away from his family to make these lifestyle changes. "My father died at age 54 and his father died at 50. Bad health runs in the family," Tracy explains. "I have to live better to live longer!" And he has a lot to live for – a wife, a 19-month old son, and another baby on the way. He started wearing a pedometer, with the goal of getting in 10,000 steps. He walked and jogged, went to Gold's Gym to lift weights, used the treadmill and bikes, and focused on being more active. He tracked everything he ate, aiming to keep his calories between 1900 and 2400, and included lean protein, fruits and vegetables, and complex carbohydrates. His wife and co-workers cheered him during the entire process. For Tracy, this was a lifestyle change – not just a contest.



Before



After

### Honorable Mention

#### **THE CARTER FAMILY - Elizabeth & Luke and their four children**



Elizabeth and Luke started the Weight Loss Challenge together. Elizabeth had started the "couch to 5k" running program last summer and lost over 20 pounds. It motivated the entire family to get more fit, so last fall, Luke joined her in the running program – and so did the four kids! The 17 year old ran more quickly than everyone, the 14 year old was about the same pace as Luke, the 11 year old was a little bit slower – and the little 7 year old enjoyed the sand pit at the track! In January, they joined the Challenge. The weather was cold and wet, so the family bought a treadmill. They took their running program inside, everyone taking turns in the basement. Luke says "Getting healthy has been a wonderful thing, and many people at our church have noticed and have started running and losing weight

too!" Elizabeth and Luke have each lost 45 pounds – and can now run farther than they could have walked less than 5 months ago! The kids have noticed that they haven't had soda pop in the house 'forever' – but as Luke says "These lifestyle changes will affect us for many years to come – probably many more years than we had just 5 months ago." Congratulations to the entire Carter Family!!

### **Honorable Mention**

#### **VERN & PEGGY SHAW - Lost 56 pounds and 15 pounds**

Vern now looks at food as “fuel for his body”. He counted calories and watched his portion sizes. He incorporated lots of fresh vegetables and fruits into his meals, and switched to low-fat sauces and diet sodas, and limited his snacking. His wife supported his new healthy efforts by buying and preparing healthy meals for both of them. Vern has limited mobility, so exercise was more difficult to incorporate -- which makes his weight loss even more impressive! They are now both healthier and feel better with these changes.



### **Honorable Mention**

#### **MARY ARLENE ELLIS**

Mary didn't take home a prize, but she is clearly a winner. Since she was diagnosed with type 2 diabetes in December 2009, she has lost nearly 100 pounds! In fact, she should have joined the Challenge last year – she lost 80 pounds in 2010. This year she lost another 15. “I signed up,” she said, “to enjoy the support offered by so many groups.” Of the activities offered by our sponsors this year, she attended more than anyone else. She exercises two hours most days, despite bouts with tendonitis and a sprained knee. Her diet got derailed by a recent trip, but she says that the past 17 months have shown her that each day she can start anew. “I don't give up!!! At 68 I am enjoying life and savoring every moment, more active and wanting to do more!!!”