

Weight loss challenge inspires healthier lifestyles and creates friendly competition

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The Pawnee Nation's Wellness and Health Promotion Program (WHPP) Advisory Board kicked off a newly implemented Weight Loss Challenge on Jan. 9. A healthy, complimentary lunch was catered by Subway in conjunction with the initial weigh-in and registration.

Forty-seven teams engaged in the challenge, 94 members overall. First-place winners will receive the consolidated entry fee currently calculated at \$940 in addition to penalties equaling \$1 for each pound gained and for any missed weigh-in sessions.

Second and third-place victors will receive a six-month membership and three-month membership (respectively) to the Pawnee Nation Fitness Center.

The challenge is based on a weight loss percentage. The WHPP Advisory Board decided that this calculation would measure the results more accurately due to the variations of each participant's body shape, size, height and weight.

Although the deadline to compete has passed, individuals can still show support by adopting the contestants' vision of establishing healthier lifestyles.

The challenge will end on March 12 and winners announced promptly. Although only the top three will receive prizes, all participants that achieved their personal goals will finish champions.

For more information, please contact the HPDP Healthy Nations Program at (918) 762-2153.