

Staff loses weight through peer support

Group 'dumps plump' competitively

By Jennifer Lessard
News Editor

Sixty-eight of CCC's employees have banded together to lose a total of 536 pounds in just 10 weeks through a program entitled "Dump Your Plump."

The program is in form of a weight-losing competition between seven teams in all; to lose or maintain weight in a safe gradual way with an emphasis on exercise and a healthy lifestyle rather than dieting, according to Contest Director Wayne Logemann.

Logemann estimates that among the 68 participants in the program, 30 percent of them have always had good healthy habits.

"Losing weight requires a combination of eating smart and increasing their activity level."

-- Wayne Logemann

another 30 percent have taken part in infrequent exercise, but are fairly active. The remaining individuals are perpetual dieters who, according to Logemann, seem to be "getting the most out of the program," because of the "raised consciousness that losing weight requires a combination of eating smart and increasing their activity level."

The contest works on a point system. Participants get a manual that comes with contest rules. Each participant gets 2 points per aerobic exercise session of 30 minutes or more. Participants can earn up to 10 points per week by exercising. The team receives 50 points a

week if they turn in the weekly team reports showing weekly weigh-ins for the group. At the end of the contest, each person will receive 100 points if they reach their goal. Each team can receive 500 points if

increasing percentage of body muscle in relation to percentage body fat, participants are exercising more and developing more muscle, therefore, not showing as much of a weight loss because

said Logemann.

According to Logemann, "the success of the program depends on the team captains." He appreciates their "willingness to help organize and support the individuals on their team. The team captains seem to be really into it," said Logemann.

Logemann explained that it is possible to start the program up for students in a form of a club, but explains that one of the most important ingredients to the program is the communication and support that comes from the teams and people involved. He feels it works well in a work atmosphere because

"There are a number of success stories already coming out of it."

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of the one-on-one contact, communication and support, day in and day out.

"Dump Your Plump" at CCC is sponsored by the CCC Wellness Committee. The main objective of the Wellness Committee is "to promote good health habits and provide learning opportunities regarding nutrition and exercise," said Logemann, who shares the co-chair position of the Wellness Committee with Moana Wegesend.

"There are a number of success stories already coming out of it," said Logemann. He explained that more participants are becoming believers of "the effect of regular exercise on weight loss."

The program has a "higher-than-normal success rate," said Logemann. The program, nationally, has a 98% completion rate. He attributes the high success rate to the group competitiveness as a motivator.

they sponsor a wellness activity for the group. The points are continually added up into a team score and reported once a week in the "Dump Your Plump" newsletter.

The final prize is a three-month membership to Eastside Athletic Club. Other prizes will be awarded at the end of the 10 weeks.

The first mini-contest program began as a dry run during the holiday season to encourage people to get on a weight control program. It gave the organizers a little time to get organized for the big contest which began Jan. 8 and will run

muscle weighs more than fat. He said, "their fat may be going down but muscle is going up."

According to Kathy Logemann, Logemann's wife and leader of one of the teams entitled "Lighten Up", the program is, "changing the way we are thinking about eating and incorporating a lot more exercise." She explains that the program has made the groups more aware of the effect of exercise on losing weight.

This copyrighted program, developed by Donald E. Alsbro, has been used by other college faculties and has been successful

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through Mar. 20, according to Logemann.

According to the two-week standings, for the big contest, the group as a whole has lost a total of 75 pounds, which is 14 percent of their goal. Logemann estimates that they are 5 percent off and have to "play a little catch-up."

He explains that with an emphasis on reducing body fat and

and well received, according to Logemann.

The program has a "higher-than-normal success rate," said Logemann. The program, nationally, has a 98 percent completion rate. He attributes the high success rate to the group competitiveness as a motivator. The gradual weight loss, coupled with the team support and competition, "seem to inspire people to follow through on their goals,"

DAVE AND NOL'S
OUTSTANDING
RECREATIONAL
REVIEW

Dave: Hey Nol, look at this, we're on the features page this week. Not bad, huh? Have you done anything recreational lately, Nol?

Nol: I took my little brother to see Medicine Man, with Sean Connery in it, and Freejack, with Emilio Estevez and Mick Jagger in it. Medicine Man was a superior flick. The premier movie of the season. How bout you, Dave?

Dave: Well, I'm saving my money to see Wayne's World on the fourteenth.

Nol: Cool! This week Dave and I have some suggestions for guys to do for their girlfriends in honor of St. Valentine's Day.

-Get flowers and balloons for her.

-Take her to see a chick movie, with lots of those kissing scenes in it.

-Take her out to dinner.

-Or rent a classic movie like Casablanca or To Catch A Thief.

-Rent a limo for the evening and show her the town.

-The zoo, dude!

-Make dinner for her, but only if you can cook.

-Get tickets to a live concert or a play.

-Give her a kiss.

Dave: These are just a few of the mushy things that girls like. Be creative, and do something special for your Valentine.

Nol: Way to go!

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