

As an office we recently held a Biggest Loser competition. It was a 12 week program, and we had 19 people participate. In the 12 weeks as a group we lost a total of 184 lbs.!!! AWESOME! Because it was such a great success and people saw others looking great we are holding another one, and have more participants than last time. It's awesome to have motivation and accountability from people that you spend most of your day with – your co-workers!

Our office has also created a Health and Fitness group that produces a monthly health and fitness newsletter and decorates a bulletin board in our office monthly. We also do a 5 minute ab or leg/arm session on break in the morning. There are even some people that do Zumba<sup>®</sup> on their lunch hour and others that have formed walking groups to walk during their break times.

Working where we are always sitting makes it difficult sometimes. So it's good to get up and move! Ottawa County is definitely trying to stay healthy and get fit!

Ottawa County DHS Staff Members

