Worksite Wellness Success Stories

June 2007

Employees at the **Midland DHS** office organized a team of eight employees who called themselves the *Social Lights* and joined the Midland Community Center and the Midland Daily News "Lose & Win Competition". The focus of the 12-week competition was to see how much weight could be lost if you move more and eat better.

The *Social Lights* walked daily at lunch on a track at the nearby community center. "It was a great break from the office and a real stress reliever," said Jan Post, team member. They followed a low-fat and lower calorie diet (from Weight Watchers) and drank at least 6 glasses of water daily. "Once or twice weekly the team met to go over what we were doing that was working, and what was not working for us," said Heather Shope.

We were featured two times in the Winners' Circle and mentioned in the newspaper's 'Top 5 Loser Teams'. There were 24 teams participating in the competition with a combined weight loss of over 1600 pounds.

"We were all winners for participating," said Post.

Submitted by Heather Shope
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