**Join the 2012 Biggest Loser Challenge!**

To deliver the highest quality of care to our patients everyday, we all need to be as healthy as possible. Take action to manage your weight, get fit, eat healthy, and become your personal best.

Register at wellness.sw.org

**Executive MBA Program (Mind - Body - Activity)**
Invest in your health and participate in an intensive 13-week weight loss program. Our MBA program is available this Spring in Temple and Round Rock and is limited to 10 staff. Our team will help design your personal fitness program and healthy nutrition needed for a healthy lifestyle!

For more information about the program and to register, visit Wellness.sw.org

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My reason for joining the Biggest Loser Challenge was because I got to a point where I was tired of being fat, unable to fit in my clothes, and knowing I did not look good.

My biggest reason for doing the challenge was for myself, my kids, and my husband. I felt like I could not participate in daily activities such as playing outdoors or getting down on the floor to play games and then getting back up again. I also felt tired all the time.

Jenny Kayser
LVN
Lost - 16.14%

"If I can do it, anyone can do it. It takes Dedication and a BIG difference in my life and I thank everyone for their support."

When my husband is asked how he feels about my weight loss, he says it is truly amazing. He is very proud of me.

I have maintained my weight. I get compliments everyday that my job performance has improved and I have decreased my meds by 75%. I want to lose 40 more lbs. I am very happy with where I am and what I have accomplished. I hope to go a little further with the next challenge.

My knees improved and I came off my arthritis meds. As luck would have it, shortly after the challenge ended I had a surgery I had to have a much needed hysterectomy and also surgery I had to have a brain condition called Chiari Malformation, so I had many reasons to lose weight. I lost 30lbs and had so much energy I was amazed. My knees improved and I came off my arthritis meds. As luck would have it, shortly after the challenge ended I had to have emergency brain surgery. By that time I was down 40lbs and walked through the surgery beautifully and knew it was because of my weight loss.

I got me going, it was the mental makeover that really did the trick. I was persuaded to participate in the Biggest Loser competition by a co-worker who knew I wanted to lose weight. Although that might have been the catalyst, that got me going, it was the mental makeover that really did the trick. First and foremost, I had my team to keep me motivated. Their encouragement and belief in me lit a spark. I am competitive by nature, so add your personal cheerleading squad to the mix and soon I had a raging fire!

My methods of weight loss included: reducing my portions sizes, never skipping meals, trying my best to avoid foods high in fat & focused on healthier choices, stopped drinking soda, and walked every day. To those of you starting out or even considering weight loss, I give you this advice:

- Partners: Find someone to hold you accountable and keep you motivated.
- Start small. Don't set a goal that will take you months to achieve. Instead set small goals that keep you moving in the right direction.
- Celebrate your accomplishments. You lost a pound - be proud! It may not show in how your pants fit now, but you're on the right path.
- Make a list. Write down all the reasons you want to lose weight. What benefits are there for you? Keep this list visible - on your bathroom mirror, on your night stand, at your desk, or even on your pantry or refrigerator door.
- Keep these visible to keep you motivated.
- Find the Fun. Mary Poppins once said, "In every task there is an element of fun." Enjoy life - all aspects of it to the very fullest. You own weight loss can be fun!
- Most importantly, do it for yourself. Don't do it because someone else wants you to. Do it because YOU want to.

**BMI charts will be used to determine a healthy body weight range for participants.**

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Weight Loss Challenge:
4-person teams of S&W staff and spouses will compete for 13 weeks to achieve the highest percentage of weight loss (February 3rd - May 4th).

**Biggest Loser Teams:**
Have more than a combined 200 lbs to lose to achieve a healthy weight**

**Biggest Little Loser teams:**
Have less than a combined 200 lbs to lose to achieve a healthy weight**

**Team Trainers:**
Teams are encouraged to identify a Scott & White staff member to be their team "trainer" (motivator) and who serves to provide encouragement, support and motivation to the team. Team trainers are not part of the weight loss challenge.

For complete rules and registration for the 2012 Biggest Loser Challenge, visit http://wellness.sw.org, email biggestloser@swmail.sw.org or call Lisa Reeves at (254) 724-7873.

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**Prizes**
Along with incentives, healthy benefits, and participation rewards, there will also be cash prizes for 1st, 2nd and 3rd place at the conclusion of the challenge for:

- Overall Biggest Loser Team
- Overall Biggest Little Loser Team
- Overall Individual Biggest Losers (who are not part of a winning Biggest Loser/Biggest Little Loser Team)
- Best Team Trainers (by team nomination)

Note: Only trainers who are not in the weight loss challenge are eligible for best team trainer awards.

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2012

Scott & White's

BIGGEST LOSER

100...200

30 31 32

Jenny Kayser, LVN
Lost - 16.14%

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**Lost 60 lbs**

"The only thing you can’t do is what you don’t want your mind to...

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