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**NORTH SUBURBAN
YMCA**
2705 Techny Road
Northbrook, IL 60062
www.nsymca.org

For More Information Contact:

Carolyn Gessner
Creative Marketing Associates, Inc.
carolyn@cmacreative.com
www.cmacreative.com
847 858-4203 (direct)

FOR IMMEDIATE RELEASE

YMCA Lose-to-Win Challenge Awards Prizes for Weight Loss Champs

Northbrook, IL: March 2015 – After twelve weeks of dedicated fitness training, nutritional counseling, and friendly competition, the North Suburban YMCA’s Lose to Win Challenge participants gathered on March 21 to celebrate their accomplishments. The results were dramatic: the 18 individuals in the program lost a combined 293 pounds, and most lost a significant percentage of their starting weight. The positive reaction to the program is expected to fuel interest in the Y’s upcoming Lose to Win: Spring into Summer Challenge, which will run from April 20 to June 13, and the program’s graduates will be offered a “Keep on Winning” program to continue their progress.

The Lose to Win Challenge gave participants the opportunity to combine small group exercise, personal training, and nutrition counseling with the Y’s professional fitness staff, at a reduced package rate. Extra motivation came from the competitive nature of the challenge, which awarded valuable prizes to the male and female weight loss champions. The two individuals in the men’s and women’s divisions who lost the greatest percentage of their starting body weight each took home the top prize. Glen Bobart won the men’s competition, losing 17.17% of his starting weight, followed by Craig Besant in second place and William Johnson in third. On the women’s side, Meredith Bruner took top honors with a weight loss of 12.37%, with Emily Gordon and Anna Suschko-Dabrowska placing second and third. Howard Schultz, the Y’s CEO got into the spirit as well: he lost 16 pounds despite having a back injury, by learning better eating and nutrition practices plus alternative workout strategies to accommodate his injury.

Participant Craig Besant experienced impressive results, losing almost 41 pounds. “I really like the holistic approach of the program: nutrition, one-on-one, and group classes,” he reflected. “They really held you accountable with the weekly weigh-ins. It was a great process for me.”

In the end, however, the best motivation came from the support of the group and their tangible results. The program included husbands and wives, mothers and daughters, and friends who cheered each other on and supported the lifestyle changes presented by the program. The camaraderie of the group was evident at the March 21 celebration. Personal trainer Carl Marella had pledged to complete a “burpee”

for every pound the group lost. 293 burpees proved to be a hardship even for the fitness pro, but group members cheered him on through 100 reps and even joined him for moral support at the 80th burpee.

“We’re so proud of all our participants,” commented Marlo Leaman, NSYMCA Wellness Director. “They worked so hard, and inspired us all with their commitment. We are offering a special “Keep on Winning” program for the graduates of this challenge, and I’m looking forward to seeing them continue the great habits and motivation that they’ve gained in the last 12 weeks.”

Registration is now open for the “Lose to Win: Spring into Summer Challenge at the Y”, an eight-week program which includes one small group exercise class per week, one large group nutritional information session, two hours of individual nutritional counseling, and six hours of individual personal training. Valued separately at \$620, the Challenge package fee is \$465 for members, \$585 for non-members. The winner receives three months of Y membership. Other prizes will be awarded. For more information, contact NSYMCA Associate Wellness Director Megan Vazquez at mvazquez@nsymca.org or 847 272 7250.



Photo 1 Caption: Participants in the NSYMCA’s Lose to Win Challenge posed with their “before” pictures and celebrated their healthy lifestyles on March 21.



Photo 2 Caption: Meredith Bruner (left) and Glen Bobart were named weight-loss champions in the Y's Win to Lose Challenge, each losing the greatest percentage of their starting weight in the women's and men's division.

About the North Suburban YMCA

The YMCA is a not-for-profit entity and relies on donations to make services available for all families and individuals in its 15-city region. All board members are volunteers, who donate their time, talents and financial resources. Located at 2705 Techny Road in Northbrook, the YMCA has served the northern suburbs of Chicago for over 45 years. The Y is about youth development, healthy living, and social responsibility, providing programs and services that address the needs of our diverse community and are accessible to all. For more information or to make a donation, contact Barb Flanagin at 847-272-7250 or bflanagin@nsymca.org, or visit www.nsymca.org.