



This month we recognize **Housing Services** for their combined efforts to Staying Well at the U of L. As a group, they have made significant changes to their daily lifestyle (from home to office) and have even started the offices **Biggest Loser** competitions. They have also started wrapping up each day of work, with a **Kumbayah** session, in which they pick 3 positives of their day, share it, and wrap up work on time.

The Biggest Loser competition was started in January, after an office consensus to change their habits. According to **Kerri Moberg**, the Office Supervisor, frustrations were rising in the office and it was time for action. With the suggestion from **Jeannie Lane**, they decided on a 12-week challenge for the offices Biggest Loser competition. The first round of Biggest Loser had 11 participants, including some spouses of employees who have joined in. Participants put forward a \$20 entry fee, and each week after weigh-in's they contribute to the communal piggy bank \$1 per pound gained.

As an office, the dynamics have changed considerably. Everyone has a happier, healthier attitude, and more energy. Even snacking at the desk has changed, as most of the unhealthy items such as muffins, candies, have been replaced with items such as vegetables or fruits.

The success of this competition has been due to the supportive environment from the office. Everyone is able to keep each other accountable, and be encouraging. They set goals and challenges for each other, such as making it up the

hill and be able to talk (from C420 to the SU building). They even participate with group treat days, as it's no fun with all work, and no play. However the office throws in a twist for the treats with having some sort of physical activity requirement in order to get the treat.

As the first round of Biggest Loser comes to a close, the office together has lost a total of **124.1 pounds**, and the grand prize winner was **Kerri Moberg**, by losing 10% of her body weight! Congratulations to the office and Kerri! What an achievement! After Easter break, they plan to start up round two of Biggest Loser, inviting new participants and those who want to return to join in again!

Talk about a commitment to health! Thank you Housing Services for showcasing what you have all been doing to Stay Well at the U of L!