

# A Winning Loss



Jaimee Keck shows off one of her favorite yoga poses, an activity she got interested in after joining the Biggest Loser Challenge

The results are in from the Clark College Fitness Center's first "Biggest Loser" challenge, and the winner is: Clark student Jaimee Keck, who lost 41 pounds over the course of the 10-week event. "While I am happy to have won the competition, I am also proud of everyone who competed for making an effort to improve their health," she said.

Fitness Center Manager Gareth Studer said he came up with the idea for the challenge by seeing similar events, in which participants register to be part of a weight-loss contest, held at other colleges and recreation centers. "We never dreamed it would have as much interest as it did," he said. "We were thinking 20 people [would sign up], max. Just two weeks of posting the event, we were already over 50

applicants.”

In the end, 24 contestants finished the challenge, which ran through winter quarter. Each contestant was assigned a team at the beginning of the quarter, led by a certified Clark College personal trainer coach. Each team met once a week for a one-hour session; their progress was tracked through weekly weigh-ins posted on a reader board. On average, each contestant lost 12 pounds by the end of the quarter.

“A lot of people want to work out and lose weight but have no idea how to get started and stay motivated,” said Studer. “The Biggest Loser program is designed to help with those two things. Our personal trainers work in group settings to design exercise programs and give direction as to how to safely and effectively lose weight.”

Studer said the Fitness Center is planning to host another Biggest Loser challenge during the 2014 winter quarter.

*Photo: Clark College/Jenny Shadley*