

"Walk it off" weight-loss challenge declares winner

What's a better motivation to lose weight than a little, friendly competition? After the Holidays, many lives are filled with resolutions to be healthier – exercising more and making better food choices. So, the Wellness Council at Rockcastle Regional Hospital decided to capitalize on the "New Year" motivation and challenge the Rockcastle County School System to a weight loss challenge. The results are in...and the school system was crowned the winner!

At the end of the six-week competition between hospital and school system employees, their work had resulted in the loss of 609.5 total pounds and 224.5 waistline inches.

The school system had 44 participants who completed the program and combined for the loss of 348.6 pounds and 92.5 waistline inches. The total percentage of weight loss for those completing the program was 4.25%. Brodhead Elementary School was named the winner within the school system and will house the "Walk It Off" trophy first. The trophy will then travel around to other schools. Individual school winners were: Mary Woodall (Mount Vernon Elementary), Harold Woodall (Roundstone Elementary), Stacy Spoonamore

(Brodhead Elementary), Amy Sadler (Rockcastle County Middle School), Sherri McKinney (Rockcastle County High School) and Rebecca Isaacs (Central Office). Individual school winners received Dick's Sporting Goods gift cards.

"The Walk it Off Challenge was the diet/exercise commitment that I needed...100% dedication, determination and persistence gets it done," said Stacy Spoonamore. "Meeting half of my weight loss goal during this challenge has been a tremendous inspiration that every step counts to a healthier life. It's not about 'having' time; it's about 'making' time!"

The hospital had 48 participants who completed the program and combined for the loss of 260.9 pounds and 132 waistline inches. The total percentage of weight loss for those completing the program was 2.78%. Jason Amyx, Activities, was the individual who completed the program and lost the greatest percentage of weight. Jason won \$250 for his efforts. A team on the West Nursing Unit (Edith Barnett, Jenene McKinney and Renee Turner) completed the program and lost the greatest percentage of weight. They were able to choose the charity of their choice to receive \$250 and

chose "The Hope Fund" for local cancer patients.

"I have always loved competition, so Walk it Off was just the incentive I needed to lose weight. I set what I thought was an unrealistic weight loss goal of 20 pounds in six weeks because I like to push myself to succeed. I was quite sur-

prised when I stepped on the scale at the end of the program and saw that I had lost 25.6 pounds," said Jason Amyx. "I like that I am more conscious about my food choices now. It is a lesson I am happy I learned. My advice to myself and to others is 'If you want something bad enough, there is

nothing that can stop you from getting what you want and you can achieve your goal'. Go for it and don't let anything stand in your way. Keep it up, stay focused and you will succeed."

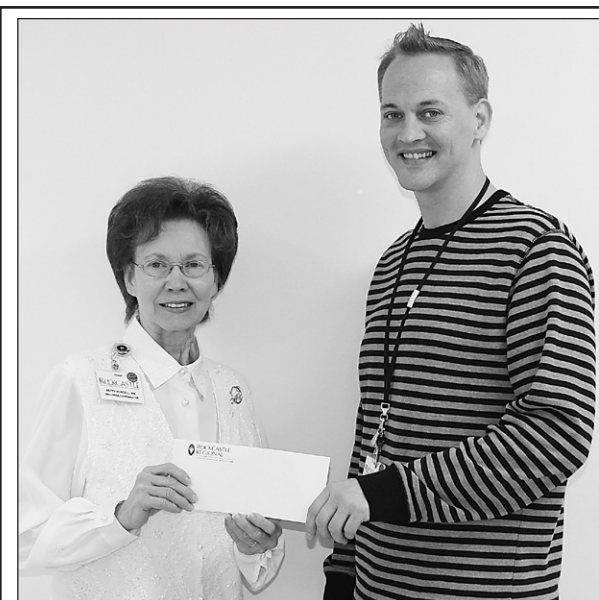
The combined efforts of the individuals who completed the six week challenge is something to be proud of.

"Any time you can get

individuals thinking about making positive changes to their health, it's a win," said Rockcastle Regional Hospital Wellness Coordinator Betty Purcell, RN. "I am so proud of these participants who completed the program and changed behaviors. We hope their healthier decisions will continue even though 'Walk It Off' has ended!"



The Rockcastle County School System won the weight loss challenge against Rockcastle Regional Hospital. Pictured receiving are individual winners from each school receiving the "Walk It Off" trophy from Betty Purcell, Rockcastle Regional Wellness Coordinator. From left, Amy Sadler (Rockcastle County Middle School), Rebecca Isaacs (Central Office), Sherri McKinney (Rockcastle County High School), Betty Purcell, Stacy Spoonamore (Brodhead Elementary), Mary Woodall (Mount Vernon Elementary) and Harold Woodall (Roundstone Elementary).



Betty Purcell, RN, Rockcastle Regional Wellness Coordinator with Jason Amyx, hospital employee with the greatest percentage of weight loss.

At ECU

Local students accept merit-based scholarships

Hundreds of incoming freshmen and transfer students have accepted merit-based scholarships to attend Eastern Kentucky University.

Local recipients from Rockcastle County include: •Jordan Dale Whitaker, of Mt. Vernon, has accepted a ECU Colonel PLUS Scholarship

•Athena Ann Bowling, of Mt. Vernon, has accepted a ECU Colonel PLUS Scholarship

•Jessica Nicole Bentley, of Brodhead, has accepted a Excellence Scholarship

•Rylan Chase Cromer, of Brodhead, has accepted a Excellence Scholarship

•Logan Dwayne Durham, of Orlando, has accepted a Excellence Scholarship

•Charity Brooke Adams, of Brodhead, has accepted a Founders Scholarship

•Jeffrey Dustin Bullock, of Mount Vernon, has accepted a Maroon Scholarship

•Crystal Della Viola Reddington, of Mount Vernon, has accepted a Presidential Scholarship

•Courtney Lynn Hasty, of Mount Vernon, has accepted a Presidential Scholarship

•Sarah Jean Martin, of Brodhead, has accepted a Presidential Scholarship

•Rebecca Sue Barron, of Mount Vernon, has accepted a Regents Scholarship

•Dylan Ray Hensley, of Brodhead, has accepted a

Regents Scholarship

•Bethany Lauren Denny, of Mount Vernon, has accepted a Regents Scholarship

•Kyle Benjamin Peacock, of Orlando, has accepted a Regents Scholarship

•Bethany Danielle McKinney, of Mount Vernon, has accepted a Regents Scholarship

"These students have found programs here at ECU that meet their needs academically, therefore Eastern is doing all it can to help them achieve their dreams financially through our merit-based scholarship program," said Brett Morris, director of admissions at the university. "The process is much easier now because students are granted these scholarships automatically if they qualify. There's no need for a separate application."

The Excellence Award, Founders Award, Regents Scholarship, Presidential Scholarship and Merit Scholarship are for incoming high school freshmen. The Colonel, Colonel Plus, Maroon and Maroon Plus scholarships are for incoming transfer students.

For more information about all the scholarships available to ECU students, visit scholarships.eku.edu or call the university's Scholarship Office at 859-622-8032.

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