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Community Meltdown Finishes With a Bang!

Participants of the 2010 Community Meltdown weight loss challenge have been focused on living a healthier lifestyle. Eight weekly sessions were offered which included motivational speakers, personal weight loss success stories, physical activity suggestions and healthy food spotlight. A total of 765 pounds were lost with 110 participants weighing out for an average weight loss of 7 pounds per person! The top team lost a total of 69 pounds over the 8 week period. Placings were as follows:

1st place team: “He must increase, we must decrease”- Jack Jacob, Todd Brown, Mike

Stamper, Mike Aichele

2nd place team: “John & the Big Mama’s” – Araceli Rios, John Mettlen, Traci Mettlen, Socorro Monarrez

Two teams tied for 3rd place: “Skinny Minnies”- Veda King, Nancy Bansemer, Franka Jiminez, Diane Miller and “FSBC #2” – Steve McKee, Robyn Friederich, Jeannie Adams, Kris Classen.

Thanks to the sponsors for another successful Community Meltdown: Seward County Extension Service, Liberal Parks & Recreation, Seward County Health Department, Southwest Medical Center, Southwest Fitness & Racquetball, Dr. Susan Lukwago, SCCC Wellness Center and Liberal Area Coalition for Families.

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