



## Final LBC Thoughts by Lindsay

LBC Week 10- October 2011

PFC has run many Weight Loss Challenges in the past usually resulting in a few pounds lost and then gained back by the next year. I would make changes to the Challenge every year, but we always seemed to end up with the same results. I finally decided to put our very own Lean Body Challenge to the test. When the idea was first presented we had our usual excitement and spontaneous sign ups. From the first day of the challenge we started strong, this time with a new approach.

In the first half, I created the point system focused on education, nutrition and group workouts. It was awesome, not only were we hiking and biking together, we all started sharing stories of what we have learned from the books and articles read in the PFC library. Once the challengers got comfortable with the trails they began bringing their families on their own time. It really started to seem like a 'lifestyle' change for everyone.

In the second half, the Challengers needed to put their new found knowledge to the test. I then reformatted the point system around workouts. It was amazing that almost everyone was still as excited as day one! The pounds started dropping off, you could see an energy lift in the office! The weather did not cooperate, but that didn't stop anyone from getting in a workout! There wasn't a day that went by that someone wasn't complaining about sore muscles, in a good way! As the end came near the excitement grew (as expected with a \$300 prize to be awarded to the winner.)

I really feel the Challenge worked for the long run, for the first time. As a whole we lost 63lb and 21% body fat. Most people are eating better, exercising more and living a healthier life all around. We even have a few people that are pushing for another 10 week challenge!

