

NEWS RELEASE



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For Immediate Release

HALIFAX REGIONAL EMPLOYEES COMPETE FOR WEIGHT MAINTENANCE DURING HOLIDAYS

ROANOKE RAPIDS, NC – (February 4, 2011)—Winning sometimes means maintaining, at least when it comes to your weight.

Nearly 80 employees of Halifax Regional formed 20 teams and competed during the holidays in an attempt to maintain their weight. The “Hold the Stuffing” competition ran for eight weeks with the goal of maintaining their weight (no more than two pounds over the weight at the beginning of the eight weeks).

Employees formed teams with names such as CP Calorie Crushers, HR Healthy Rebels and the Three Little Pigs. They received encouragement from the Food and Nutrition Department, which sponsored the contest.

“We sent weekly tips with information on nutrition, exercise and recipes to the teams,” said Wallace Parham, manager of Food and Nutrition Services.

The results were excellent, he said. A total of 12 teams with 39 members were winners in that they achieved the goal of weight maintenance during the eight weeks.

“Even though the goal was maintenance, the combined 79 team members lost a total of 58 pounds during the holidays,” said Lauren Carroll, Registered Dietitian, who coordinated the program. “Losing weight during the holidays is difficult, so they should feel proud of themselves,” she added.

The “Hold the Stuffing” competition is one way Halifax Regional promotes wellness to employees as part of being a “Red Apple” hospital designated by North Carolina Prevention Partners.

The cafeteria at Halifax Regional offers a variety of delicious, healthy foods and beverages with clear and easy to find nutrition information at affordable prices. Employees are provided information for making lifelong healthy food choices.

Both the cafeteria and the snack shop off the main lobby are open to the public.

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About Halifax Regional

Halifax Regional Medical Center is licensed for 204 beds, including psychiatric and nursery. A non-profit organization, Halifax Regional is fully accredited by the Joint Commission. For more information, visit www.halifaxregional.org.