

For Immediate Release
April 3, 2013

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Riverview Hospital Participates in “Noblesville Waist Reduction” Weight-loss Challenge

Noblesville—Riverview Hospital, through its corporate wellness program, Riverview HealthyWorks, recently completed the first “Noblesville Waist Reduction” weight-loss challenge. This eight-week program, held January 7 through February 28, was developed to bring the community together to make lifestyle changes through healthy eating, exercise and weight loss. The program's nearly 300 participants included employees of the City of Noblesville, Hamilton County, Noblesville Schools and Riverview Hospital.

Participants were challenged to lose weight over the eight-week period, with the top prize—a Kindle Fire, provided by Riverview HealthyWorks—awarded to the participant with the highest percentage of weight loss at the end of the program. This year's winner was Gary Davis, an employee of the City of Noblesville. Gary achieved a 12.8 percent weight reduction. The combined weight loss among all participating organizations was 764 pounds.

“We are proud of Gary and his achievement. He is an inspiration to all of us,” said Noblesville Mayor John Ditslear. “This program was a great catalyst for positive change.”

Program offerings included two weekly 50-minute exercise classes at Riverview Rehabilitation & Fitness in Noblesville. Exercise formats included Pilates, boot camp, yoga, kick boxing, aerobics, Zumba and PiYo (a combination of Pilates and yoga).

Riverview also offered 30-minute wellness presentations over the lunch hour at the Riverview Education Center. Topics included weight-loss, exercise, resistance training and nutrition, and were led by Riverview Hospital exercise specialists, dietitians and nurse practitioners. Videos of the presentations were posted on YouTube for participants who were unable to attend.

“It was wonderful to encourage our community to come together for this friendly, fun and healthy competition,” said Riverview Hospital president and CEO, Pat Fox. “We are so proud of Gary Davis and all the other participants for kicking off the year in such a healthy way, and we certainly hope the momentum continues. We look forward to continuing to offer valuable programs to keep our community healthy.”

About Riverview Hospital

Riverview Hospital is a full-service, 156-bed hospital located in Noblesville, Indiana. Riverview Medical Group is comprised of 20 primary, immediate and specialty-care facilities located throughout Hamilton and Tipton counties. Together, we provide comprehensive healthcare services in 35 medical specialties—and we have frequently been recognized for our clinical and service excellence. For more information, visit www.riverview.org.