

For Immediate Release
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Riverview Health Completes Fifth Annual Waist Reduction Weight-Loss Challenge

Noblesville—Riverview Health, through its corporate wellness program, recently completed the fifth annual “Waist Reduction” weight-loss challenge. Beginning on January 9, employees from the City of Noblesville, Westfield Washington Schools, Hamilton County Government, Noblesville School Corporation, Riverview Health, Meyer Najem, Westfield Public Library and Taylored Systems competed against one another in the spirit of health and wellness.

“We’re excited to report a total of 313 pounds were lost by all participants throughout the 6-week program,” said Mindi Matthews, director of Employer Services at Riverview Health. “Although the program is designed to challenge people to lose weight, the ultimate goal is to establish healthy habits within our community.”

“I really enjoyed the waist reduction program because it gave me the opportunity to kick start my fitness plan,” said Amber Gorby, Riverview Health employee. “I loved that my sister Leslie Gorby, a teacher at Westfield Washington Schools, was also participating. She helped increase my motivation and held me accountable.”

Riverview Health Rehab & Fitness provided a variety of weekly exercises classes to support the efforts of the participants. Amy Hart-Ramey and Anita Taylor, Taylored Systems employees, each won a complimentary Body Knowledge assessment from a drawing they were entered into for 50 percent participation in the exercise classes.

With the highest average weight loss of 4.45 percent, the traveling trophy went to the City of Noblesville. Caryn Harvey and Laura Hinshaw of Noblesville School Corporation, the two-person team with the highest combined weight loss percentage of nearly 8 percent, won a Garmin Vivosmart activity tracker.

Riverview Health is hosting an open house to educate the public about a new weight loss program called Body Knowledge. The open house will be at its Rehab & Fitness facility in Noblesville from 4-6:30 pm on Tuesday, April 11.

The innovative Body Knowledge program features a BOD POD, which provides precise body composition measurements including body fat percentage and fat-free mass. After receiving a BOD POD measurement, participants can enroll in one of four Body Knowledge programs in which a registered dietitian helps incorporate BOD POD results into setting and achieving personalized goals. Programs range from four weeks to six months in length.

The Body Knowledge Open House is free and open to the public. It'll be held at Riverview Health Rehab & Fitness at 601 Westfield Road, Noblesville. Call 317.776.7225 or visit riverview.org/classes for more information.

About Riverview Health

Riverview Health is comprised of a full-service, 156-bed hospital and 23 primary, immediate and specialty care facilities located throughout Hamilton and Tipton counties. Together, we provide comprehensive healthcare services in 35 medical specialties—and have frequently been recognized for our clinical and service excellence. For more information, visit riverview.org.