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## **Riverview Health Completes 6th Annual Waist Reduction Weight-Loss Challenge**

Noblesville—Riverview Health, through its community wellness outreach program, recently completed its sixth annual “Waist Reduction” weight-loss challenge, which resulted in 419 pounds lost by all participants.

Beginning on Monday, April 9, employees from the City of Noblesville, City of Westfield, Hamilton County Government, Noblesville Schools, Riverview Health, Westfield Public Library and Westfield Washington Schools competed against one another for five weeks in the spirit of health and wellness.

“We look forward to hosting this each year,” said Kristin Lamb, manager of Employer Clinics and Community Wellness at Riverview Health. “Participation from the local entities is energizing as it builds a sense of community while promoting health and wellness. Riverview Health Rehab & Fitness provided a variety of weekly exercise classes to support the efforts of the participants.”

With the highest average weight loss of 3.97 percent, the traveling trophy went to Hamilton County Government. Riverview Health provided \$100 gift cards to the male and female participants with the highest percentage of weight loss. This year's female winner was Barb Hull, employee of Hamilton County. Barb achieved an 8.9 percent weight reduction. The male winner was Sergeant Billy Adams, an officer with City of Westfield. Sergeant Adams achieved an impressive 9.6 percent weight reduction.

### **About Riverview Health**

Riverview Health is comprised of a full-service, 156-bed hospital and 25 primary, immediate and specialty care facilities located throughout Hamilton County. 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](http://riverview.org).