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Christin Barber
Marketing/Communications Coordinator
Riverview Hospital
317.776.7235
cbarber@riverview.org

Riverview Hospital Completes Second Annual “Hamilton County Waist Reduction” Weight Loss Challenge

Noblesville—Riverview Hospital, through its corporate wellness program, Riverview HealthyWorks, recently completed the second annual “Hamilton County Waist Reduction” weight loss challenge. Beginning on January 6, employees from the City of Noblesville, City of Westfield, Hamilton County, Noblesville School Corporation and Riverview Hospital competed against one another in the spirit of health and wellness. This eight-week program was developed to build a sense of community and to provide an incentive for the new year to make lifestyle changes through healthy eating, exercise and weight loss.

Participants were challenged to lose weight, with the top prize—a Kindle Fire, provided by Riverview HealthyWorks—awarded to a male and female participant with the highest percentage of weight loss at the end of the program.

This year’s male winner was Andrew Carey, an employee of Hamilton County. Andrew achieved a 9.8 percent weight reduction.

“Hamilton County Waist Reduction gave me the motivation I needed to lose weight and get healthy,” said Andrew Carey. “Since the program included several organizations within Hamilton County, I was able to complete the challenge with my wife who is an employee of Riverview Hospital.”

The female winner was Lisa Bledsoe, MD, a physician at Riverview Hospital. Dr. Bledsoe achieved a 14.7 percent weight reduction.

“After joining the program, I decided to make some healthy lifestyle modifications. This involved eating more fruits and vegetables and incorporating moderate exercise in my daily routine,” said Dr. Lisa Bledsoe. “My goal is to make this a more permanent change. I’ve lost the same 20 pounds over and over again. I want this to be the last time.”

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. Riverview also offered two 30-minute wellness presentations Topics included “How to lose one pound per week” and “Making self-care a priority.”

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.