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## **Riverview Health Completes Third Annual “Waist Reduction” Weight-Loss Challenge**

Noblesville—Riverview Health, through its corporate wellness program, recently completed the third annual “Waist Reduction” weight-loss challenge. Beginning on January 12, employees from the City of Noblesville, Hamilton County, Meyer Najem, Noblesville School Corporation, Riverview Health and Westfield Washington Schools 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 \$200 Amazon gift card provided by Riverview Health—awarded to the participant with the highest percentage of weight loss at the end of the program.

This year’s winner was Mitch Mosbey of Noblesville School Corporation with a 14 percent body weight loss.

“I always knew weight loss was needed to live a healthier life. Being a competitive person, I knew this weight-loss competition would motivate me to exercise more,” Mitch says. “In addition to attending the exercise classes offered through the program, I began to increase my physical activity throughout the week. The information sessions also helped me improve my diet.”

With an average weight loss of three percent, the traveling trophy has been given to the City of Noblesville for being the winning organization.

“A total of 257 pounds was lost by all participants throughout the eight-week program,” said Mindi Matthews, director of Health & Wellness at Riverview Health. “Aside from the weight loss, the great thing about this program is it gets people to establish a healthier lifestyle. A follow-up survey reported more than half the participants who started a fitness program will continue it.”

Program offerings included two weekly 50-minute exercise classes at Riverview Health Rehab & Fitness in Noblesville. Exercise formats included Pilates, boot camp, yoga, Boxing Fusion, aerobics and PiYo. Riverview Health also offered three 30-minute wellness presentations lead by a health coach, registered dietitian and exercise specialist.

### **About Riverview Health**

Riverview Health is comprised of a full-service, 156-bed hospital and 26 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](http://riverview.org).