

Cherokee Regional Medical Center  
300 Sioux Valley Drive  
Cherokee, Iowa 51012

## PRESS RELEASE

CONTACT:

Kent Lundquist  
(712)225-3368 ext. 259  
klundquist@cherokeermc.org

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### CRMC Wellness Center 100 Day, 100 Pound Team Challenge Winners

Last month the CRMC Wellness Center wrapped up the 100 Day, 100 Pound Team Weight Loss Challenge and the results were outstanding! The challenge had 28 teams take part and 251 participants overall. All participants combined lost a total of 1,205.9 pounds or approximately 3 percent of their total body weight.

Wellness Center Manager, Jodi Schlichting, was pleased with the results. “We were thrilled to have over 250 people participate in the challenge and then to see the total amount of weight lost,” remarked Schlichting. “The timing of the challenge took place over the holidays, which is understandably a tough time to lose weight. However we wanted to see if the team concept would help to keep people accountable and at the very least help participants avoid gaining weight during the holidays. Based on the overall results, I think we were quite successful,” she added.

The team winner was the *Sunrise Shredders*. They lost a total of 113 pounds which was equal to 6 percent of their body weight. They received the top prize of \$250 cash for their efforts. In addition, Ken Barrett of the *Sunrise Shredders* was the top individual male and Katie Modrell, of the *Lab Rats* was the top individual female in terms of percentage of body weight lost. For their efforts, they each received a \$100 gift certificate towards a membership at the CRMC Wellness Center.



Photo- Members of the winning team, the *Sunrise Shredders*, recently took time to pose for a team picture following an early morning workout. Team members included Barb Messerole, Jayme Messerole, Julie Hummel, Debbie Nelson, Gail Thill, Kim Barrett, Ken Barrett, Karen Aduddell, and Myla Stoneking.

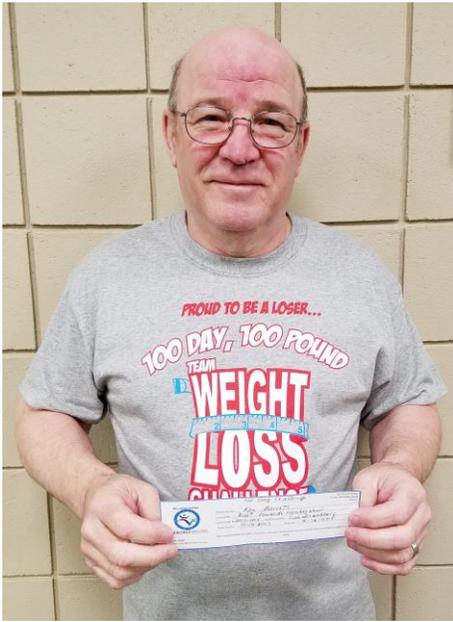


Photo- Ken Barrett of the *Sunrise Shredders* was the Top Individual Male participant. He lost 11 percent of his total body weight.



Photo- Katie Modrell of the *Lab Rats* was the Top Individual Female participant. She lost 11 percent of her total body weight.