

Press Release: For immediate Release

FREE 12 Week Nutrition Classes

Starts Mar 28th at Noon
Followed by Weight-loss Challenge.

Personal Wellness Coaches LeAnn Markowski, Angela Marshall, Richelle Kemper, and Kara Nabor are hosting a free nutrition class and weight-loss challenge for those in the community who are interested in improving their health. They have teamed up with GoFitKids, www.gofitkids.org, a foundation to help prevent childhood obesity.

The purpose of the program is to educate people and offer support in a group setting. This free 12-week class is just once a week for 1 hour and is set to begin Saturday, March 28 at Noon location 4 As Conference Room, 1057 W. Fireweed Lane.

According to the USDA Center for Nutrition Policy and Promotion, four of the 10 leading causes of death in the United States are heart disease, cancer, stroke and diabetes and that 50 percent or more of these deaths are diet related. While 65 percent of today's American population is overweight, in addition to 25 percent of children ages 6-19 who are overweight, it is projected that in 10 years, the population will be 75 percent overweight.

The Wellness Coaches agree that most people today lead very sedentary lifestyles and have busy, stressful schedules that do not allow for healthy meal preparation, adequate time for exercise or restful sleep; which all lead people down a morbid path.

The FREE nutrition classes promises to offer an abundance of information and personal wellness coaching. Participants are also welcome to enter the optional weight-loss challenge. The non-refundable entry fee is \$39 (\$10 is a donation to gofitkids.org).

Throughout the twelve-week course, LeAnn, Angela, Kara and Richelle promise a safe environment that is non-judgmental, supportive, educational and goal-oriented. At the end of the twelve weeks, the top percentages of weight lost will split the winnings from the entry fees (50% to 1st, 30% to 2nd, 20% to 3rd).

We started the classes April 2008, have helped our participants lose over 280 pounds with average lost of 10 lbs per person during the 12 week classes. Tarnya, our top winner of the first challenge lost 37 lbs and won \$125! Mike lost 16 lbs and won \$200, Rachel was the inch loss winner and won \$39.

"The challenge most people have with losing weight is the not knowing where or how to start and setting goals that are extremely high with little support," LeAnn shares, "the course is being offered as a free community service. Let's work as a community and support each other to change the statistics from unhealthy to healthy."

For more information or to register for the class, Contact LeAnn at 907-306-1828. Also visit our website: www.meetup.com/ak-weight-loss-challenge-group