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WEIGHT LOSS SURGERY PATIENTS FORM BICYCLE CLUB TO PROMOTE EXERCISE AND INCREASE SELF CONFIDENCE OF FELLOW PATIENTS

Akron-Canton Spin Offs Weight Loss Support Bicycle Club Cycles for a Healthy Active Lifestyle and Opens the World of Cycling to Riders of all Physical Abilities

AKRON, Ohio, March 26, 2010 — According to The Obesity Society, an organization of 2,000 researchers and care providers in obesity treatment and prevention, two thirds of the adult American population is categorized as being overweight. Half of those overweight are considered to be obese. Weight loss surgery is a medical procedure that aids chronically overweight individuals in returning to a healthy weight and fuller life. Success after surgery is greatly enhanced by adopting a healthy diet and integrating exercise into the patient's daily routine.

Recognizing the challenges fellow patients face in incorporating exercise into their lives, three Akron-Canton area weight loss surgery patients have launched a bicycle club to support fellow patients and community members interested in cycling for fitness and managing a healthy weight. "I wanted to share cycling with people who were on the same journey as I'm on. Cycling has helped me lose weight, gain fitness, and relieve stress," said Susan Motts, Akron-Canton Spin Offs Weight Loss Support Bicycle Club (Spin Offs) co-founder. "Exercise is an important part of my weight loss journey, but with cycling, I feel like I'm out having fun, not working,"

The Spin Offs have planned a calendar of rides for beginning and intermediate cyclists. Weekly rides will utilize the Towpath Trail and other local bicycle trails on weeknights and weekends. The club offers longer rides twice a month on bicycle trails within a few hours of the Akron-Canton area. "For years I avoided exercise like the plague. After weight loss surgery I decided to cycle at the urging of a fellow weight loss surgery patient. I dusted off my bike and took a ride on the Towpath. I was hooked," added Tom Bilcze, Spin Offs co-founder. "I cycle as often as I can and have seen great improvement in my physical abilities and health. I am passionate about sharing my love for the trails with others."

The Spin Offs differentiate themselves from traditional cycling organizations in that they are primarily a support group that utilizes cycling to develop members' physical capabilities and grow self confidence while enjoying fitness, fun and friendship on the trails. "Cycling has brought me so much pleasure -- life seems to be simpler out on the path, I enjoy the wind, the sunshine, seeing the cranes and turtles, and just being outside in nature," said Christine Domer, Spin Offs co-founder. "When I think about it, I am really bicycling more for the pleasure than for the exercise. The physical exercise is just an added benefit."

About Akron-Canton Spin Offs Weight Loss Support Bicycle Club

Additional information can be found on the club website, www.spinoffcyclists.com. This Internet-based resource is the communication and informational hub of the organization. Members can RSVP to club events and rides. It serves as a social networking tool that supports and encourages members in their individual journeys on the saddle.

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