

GREATEST LOSER CHALLENGE

FIRESTONE OFFICE TEAM WINS COUNTY-WIDE WEIGHT-LOSS CAMPAIGN

We often think to ourselves, "I have to lose some weight." Usually, it's right before diving into a piece of cheesecake or a pint of Ben and Jerry's. Members of the Probation Department's Firestone Area Office thought the same thing and did something about it. After seeing the Los Angeles County Department of Human Resources announcement for their Interagency Greatest Loser Campaign, Supervising Typist Clerk Cari Kenny rallied twelve of her coworkers to take the challenge. After the three-month contest was over, The Fire Tone Warriors were crowned the winners!

Together they had a 13.49% weight loss as a team, out-losing Heath Services Roybal BHI Team by more than 3.5% of total team weight. "Everybody started doing walks around the parking lot, and just watching what they ate," said Ms. Kenny. "It wasn't like we all followed like a specific diet, but it was just like being more mindful. I'm hoping that this springboards everybody to have an overall healthier lifestyle. Actually, a lot of my coworkers who participated are still following what they started."

Each County Department had numerous teams. The top overall department was Aging and Disabilities with an average of 4.22% weight loss for all challengers. Which makes the Firestone Area Office weight loss even more amazing. Teamwork makes the dream work, as they say. "It was a true team," said Cari. "We really all collaborated and talked to each other and supported each other."

Cari also had some tips for teams hoping to do well in next year's Greatest Loser Challenge. "Be sure to have a team cheerleader," she said. "Someone to be there as a support system because it's it is difficult sometimes." She also mentioned to keep in touch with each other, "TEAMS worked pretty well for us, especially with people teleworking."

Congratulations to the Firestone Area Office Fire Tone Warriors! Los Angeles County Champions of the 2022 Greatest Loser Challenge!

Probation News



WE ARE THE CHAMPIONS! Members of the Fire Tone Warriors:
ITC Veronica Aguilar, Cari Kenny, DPO Erendida Lopez (cheerleader of the group) and ITC Juana Morales.



The Interagency Greatest Loser Challenge is part of the Countywide Employee Wellness Program administered by the Department of Human Resources.

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