



SHELTON STATE

COMMUNITY COLLEGE

NEWS RELEASE

FOR IMMEDIATE RELEASE

February 10, 2010

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SHELTON STATE PLANS TO SLIM DOWN

TUSCALOOSA – Playing off of the hit television show, “The Biggest Loser,” employees of Shelton State Community College will participate in their own version of the show on campus, losing to not only benefit themselves but also the West Alabama Food Bank in Tuscaloosa and the United Way Community Food Bank in Birmingham.

The 14-week initiative, “Slim Down Shelton,” began Jan. 26 with an organizational meeting in which nearly three-dozen employees participated. The program, organized by Nellie Christian, is straightforward. Participants pay \$10, meet from 12:15-1:15 for the next 14 Friday afternoons to receive nutritional advice and motivation, and to walk with other participants on campus. They will keep a food diary that will be updated every Friday, and they are encouraged to work out three times a week for at least 30 minutes. Much of the nutritional information comes from the book “Eat Clean,” which outlines principles to help make lifetime dietary changes for better health. Along with following the nutritional tips, participants weigh in three times over the course of the program and the winner will be determined by the highest percentage of loss.

In order to remain eligible for the grand prize, participants are required to walk at least 12 of the 14 weeks. The registration money will be split between a gift certificate to the location of the winner’s choosing and a free membership for one semester to the College’s Wellness Center. The remainder of the money will be used to help the College contribute a pound of food for every pound lost to the food banks in Tuscaloosa and Birmingham.

“Just as we encourage the students with whom we work to keep themselves healthy in mind and body, it is equally as important that those who mentor them do the same,” says Dr. Mark Heinrich, Shelton State Community College President. “I am pleased that our employees have chosen to participate in this program, as well as the fact that our facilities are available to others in the community. It is wonderful that when our own employees and our community think about their own health and fitness in terms of where they are, and where they want to be, they will Think Shelton.”

Along with individual participation, the College’s Wellness Center and on-campus food provider, Poppy’s, are also teaming up to help. Poppy’s is making available to Slim Down Shelton participants only a number of healthy lunches for only \$5. As part of the weight loss initiative, the Wellness Center staff encourages

participants to take advantage of the plan already in place for faculty and staff. Through the current plan, the equipment and facilities in the General Conditioning Room of the Shelton State Wellness Center are open to program participants for their benefit at a reasonable cost of \$45 per semester. During the Spring 2010 semester, the program will be in operation Monday through Thursday, 4:00 p.m. to 7:00 p.m. During these times, qualified Wellness Center staff will provide supervision and instruction, as well as general information about health and fitness. As a valuable community resource, the Wellness Center has also extended the same access to faculty and staff of the Tuscaloosa City and County School Systems.

For more information about the Slim Down Shelton program, contact Nellie Christian at 205.391.2499. For more information or to participate in the Wellness Center employee program, register through the Shelton State Department of Continuing Education, 391.2360 or 391.2323.