



## Newport Hospital & Health Services

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FOR IMMEDIATE RELEASE  
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### **Newport Hospital Employees “Getting Healthy Back” and Donate to Charity**

NEWPORT – 80 Newport Hospital and Health Services employees recently completed their first “Getting Healthy Back” activity and weight loss challenge. The goal of the competition was to take the lead as an organization to encourage health, build community, create accountability and support local organizations in need. 20 Teams participated in the challenge designed to improve overall activity levels and weight loss. Winning teams were able to donate their prize winnings to a local charity of their choice. As a district, Newport Hospital and Health Services employees who participated in the challenge lost a collective 460 pounds and traveled close to 35,000 miles.

Kamie Pancho, Newport Hospital nurse and “Getting Healthy Back” coordinator, said, “The past twelve weeks have exceeded many of our expectations. The momentum that this has created among staff has been very inspiring!”

First place team for “Biggest Steppers” went to the Emergency Room team, “No More Junk in Da Trunk” (Doris Hiebert, Katie Weber, Chris McGlothlen and Valorie Croy). They elected to donate their \$400 prize money to Priest River Animal Rescue.

The “Sassy Lassies” (Toni Bebee, Teresa Johnson, Melody Brown and Diane Schaff) lost the most weight by percentage, with a total of 8.19%. They chose to divide the prize money, giving \$200 to Youth Emergency Services and Hospitality House.

Lori Umbarger was the “Biggest Stepper” with 1574 miles! The top biggest steppers, having stepped close to 1,000 miles or more the past three months were: Meeka Bond

(1391 miles); Leif Furman (1143 miles); Frances Deis (1080 miles); Katie Weber (1062 miles); Doris Hiebert (1027 miles); and Chris McGlothlen (965 miles).

Michelle Knight was the “Biggest Loser” with 28.8 lbs of weight loss. Other top losers were: Toni Bebee (26.2 lbs); Michelle Schull (25.8 lbs); Teresa Johnson (24 lbs); Buzz Price (23 lbs); Jennifer Johnston (22.2 lbs); and Val Croy (22 lbs).

A similar individual competition began June 2<sup>nd</sup> and will happen monthly throughout the summer.

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