



DAL staff members strengthen selves, unit through Biggest Loser competition

DHS's Biggest Loser competition began as an effort to improve the health and well-being of individual staff members, but for one DHS unit, it has turned into a team-building opportunity. The recently concluded fifth "season" of the competition has resulted in countless successes for Director's Action Line (DAL) staff members Joann Blassingame, Cheryl Cutright, Heather Fisher, Kellie Nelson, Rhoda Shelbert, and Justine Wagner.

Started by Kellie to encourage camaraderie and support, Team DAL has spent the last three months working hard to become healthier while also strengthening relationships in the unit. Each week, team members participated in various healthy living challenges, ranging from drinking 80 ounces of water a day to walking up and down the HSB stairs six times a day. Team members would receive a star for each challenge they completed, with the monthly winner receiving a gift card.

In addition to challenges, Team DAL stayed motivated through text check-ins and emails with healthy living ideas such as water "recipes," healthy food options, or ways to reach 10,000 steps each day.

The team's hard work is showing: The total weight loss for all 23 DHS Biggest Loser participants was 206.2 pounds, and weight loss from the six members of Team DAL made up a whopping 54 percent of that total. Team DAL also held four of the top five Biggest Loser spots in the competition, with members losing up to 13.19% of their body weight.

"Losing weight can be incredibly difficult, and I am thrilled that we were able to support and motivate each other to get such fantastic results. Beyond the weight loss, we've become much closer – working as a team has helped us to improve our health while also making the work day a lot more fun," Kellie concluded.