

# FITTEST MAMA CHALLENGE 2010

## Winners and Prizes

### 1. Beverly Kelsey (Purple Team)

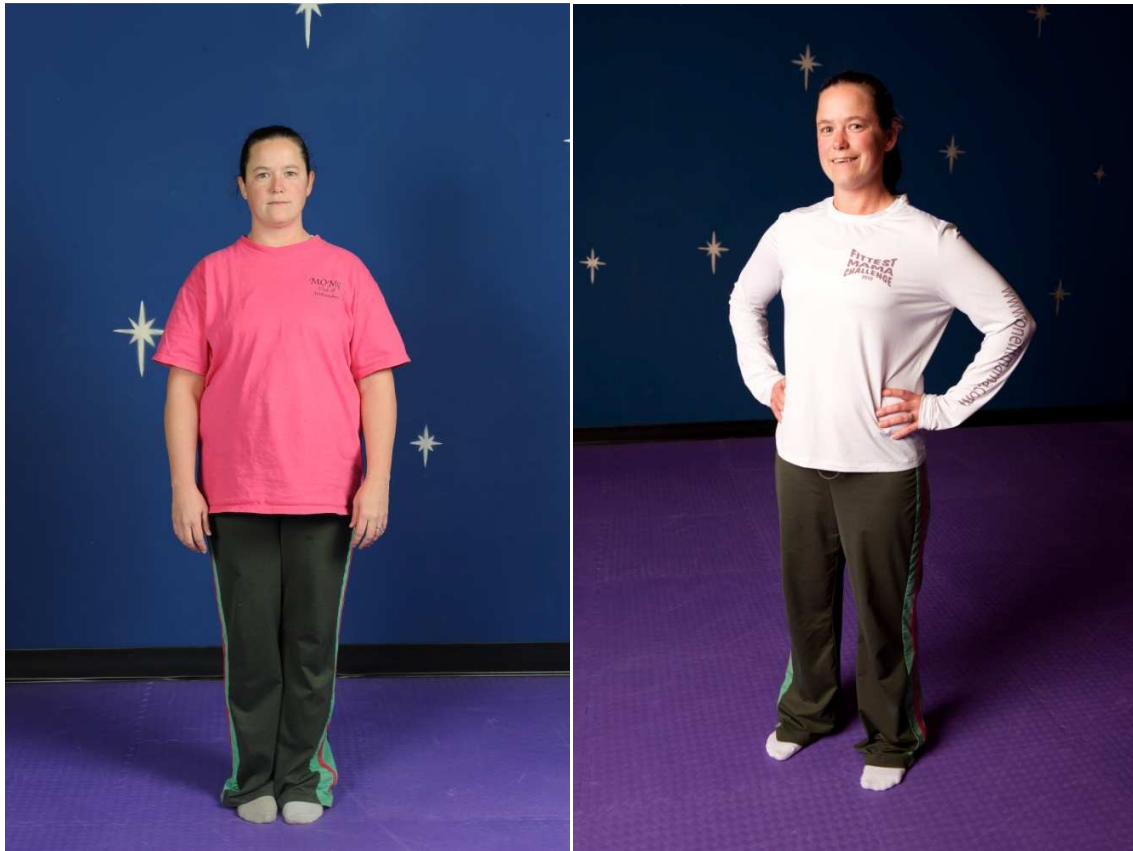


Beverly lost 17.5% of her body weight and dropped her body fat by 8 percentage points. Her BMI dropped by 5 points, bringing her into a healthy range. Based on measurements of her thigh, waist, and bicep, she lost 14 inches (on just one side of her body)! Beverly now loves the serenity of running, and has learned how important it is to take time for herself to be healthy so she can be a happier, healthier Mama. Beverly, Mom of Bryony, 3, and Stratton, 7 months has made healthy lifestyle and nutrition changes for her entire family! She also significantly increased her fitness levels when measured in cardiovascular endurance, and strength (core, upper body, and lower body). Beverly's competitive spirit really started to outshine her quiet personality halfway through the competition, and her hard work and progress never diminished!

By earning top place, Beverly won:

- One Year unlimited **One Fit Mama®** Classes
- Bumbleride stroller of her choice
- Healthy family bag of groceries from Whole Foods of Jenkintown,
- Free Zooma Annapolis Women's Race Entry
- \$200 Gift Certificate to Romp n Roll of Willow Grove
- One month Rhino Chiropractic family pass which includes all Chiropractic care (exams, consultations, x-rays if necessary, and all adjustments for the whole family)
- GAP plan from High Point law offices (\$550 value)
- One week pass and one hour personal training session from Twining Valley Golf and Fitness Center
- One year Moxie Moms Membership
- One month Fun Pass to Imagination Playzone
- Makeup lesson from Beauty by Meg English
- Hand-painted trophy compliments of the Mud Shack!

## 2. Janey Kollock (Purple Team)



During this competition, Janey lost 26 lbs., 16.5% of her body weight! She also decreased her BMI by 5 points, and decreased her body fat percentage by 9%. Her children, Kenny and Kaley, join her in her workouts, and are learning firsthand what a healthy role model is! Janey's fitness gains from the beginning to end of the competition were impressive, with improvements in cardio and strength training, as well as nutrition.

Janey won:

- 3 months unlimited **One Fit Mama®** Classes
- Bumbleride Flyer Stroller
- Zooma Annapolis Women's Race Entry
- \$100 Gift Certificate to Romp n Roll of Willow Grove
- Two week Rhino Chiropractic family pass which includes all Chiropractic care (exams, consultations, x-rays if necessary, and all adjustments for the whole family)
- One week pass and a 30 minute personal training session from Twining Valley Golf and Fitness Center

### 3. Meg Edwards (Green Team Captain)

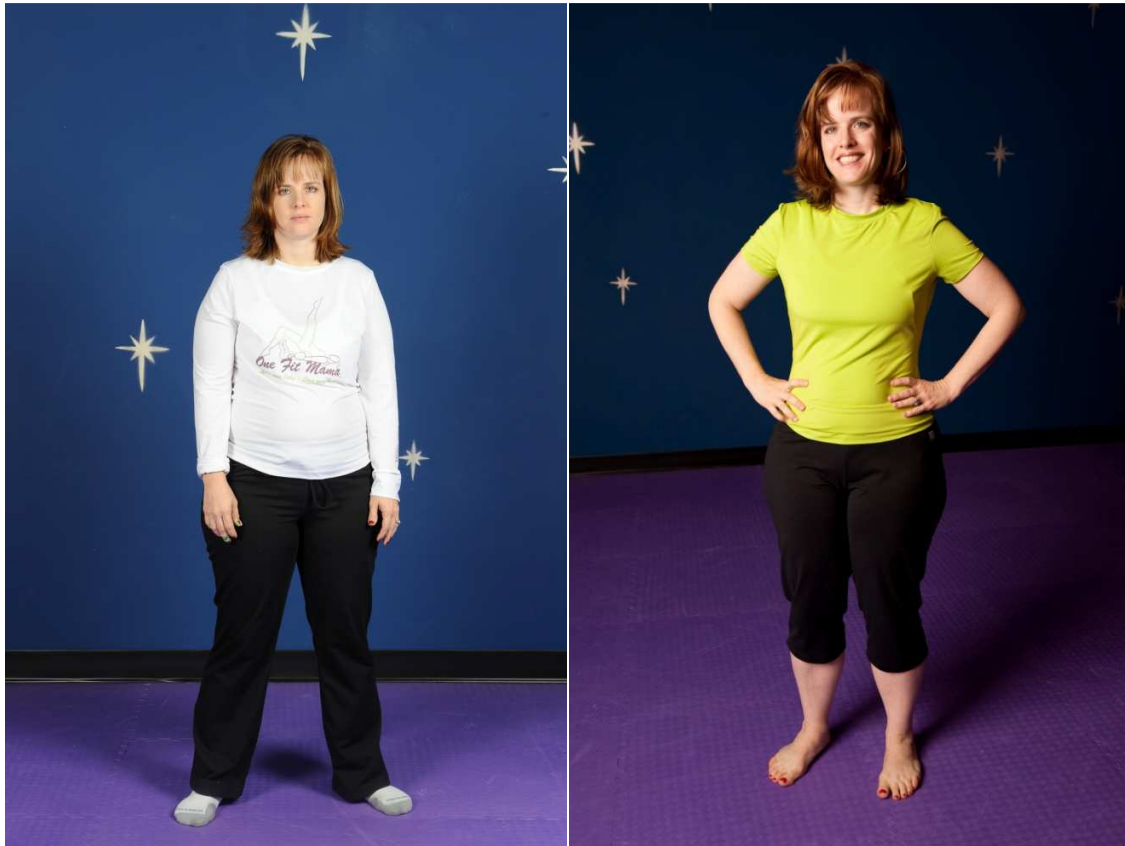


With twin preschoolers (Abby and Kate) and a toddler (Olivia) in tow, Meg managed to work out with **One Fit Mama®**, and lose 15.2% of her body weight, 7% of her body fat, and 7.25 inches! This is Meg's 2<sup>nd</sup> year to win third prize in the **Fittest Mama Challenge!** Over the past 2 years, she has lost and consistently kept off 40 pounds, through her improved lifestyle choices. She's also become an avid runner in the process. Meg will run her first ever Broad Street Run, a 10 mile race, in just 2 weeks! Even better, an entire **One Fit Mama®** team will be joining her in this milestone!

She won:

- One month of **One Fit Mama®** Classes
- Her choice of any 2 Bumbleride Accessories
- Zooma Annapolis Women's Race Entry
- \$25 Gift Certificate to Romp n Roll of Willow Grove
- One week pass and 60 minute fitness assessment at Twining Valley Golf and Fitness Center
- Two week Rhino Chiropractic family pass which includes all Chiropractic care (exams, consultations, x-rays if necessary, and all adjustments for the whole family)

## Most Consistent Loser – Marion Biglan (Green Team)



Marion, who has worked out with **One Fit Mama®** for 3 years now, made significant changes in her life over the past 12 weeks. A third time contestant, Marion lost 8 pounds in the **First Annual Fittest Mama Challenge** and 22 pounds in the subsequent **Challenge**. After keeping off all of the weight she lost last year, she lost an additional 18 pounds in the **2010 Fittest Mama Challenge** (10.3% of her body weight)! This year, she also lost 8 percentage points of body fat, her BMI has improved by 4 points, and she lost 3.25 inches in her bicep, waist, and thigh! More amazing about this major commitment to her fitness is that she accomplished all of this while being a great Mom to James and Maggie and working 60-70 hours per week. Last year, Marion ran her first 10K race, and this year she is in training for the Broad Street Run 10-miler! We also hope she'll join our **One Fit Mama®** team again for the Zooma Annapolis Women's race in early June. She has won a week of **One Fit Mama®** classes!

## Iron Woman – Ellen Zschunke (Purple Team)



When Ellen began this competition in January, her goal was to attend one class per week. At the urging of her coach (and **OFM** Instructor), Renee, she changed that goal to one class per day! Mom to Cecilia, Ellen always seemed sweet and friendly. However, when our physical challenges emerged, so did her competitive spirit! Ellen won half of all the physical challenges in this competition. Some of these feats included performing 317 1-legged bridge-ups, balancing on one foot in various poses for longer than anyone could count (we stopped after 10 minutes!), and holding a perfect plank for 3 minutes, 24 seconds. Unheard of! Last weekend, she ran her first 5K with her husband and her daughter in tow! In addition, she has lost 13.5% of her body weight, 8% of her body fat, and 3 BMI points, moving her into a healthy category. She has won 1 week of unlimited **One Fit Mama®** classes, along with our admiration!

## Bounce Back after Baby – Kristin Sweigard (Purple Team)



Kristin started this competition at approximately 2 weeks postpartum with her second child. Before the competition, Kristin was exercising with one toddler in tow and one baby in her belly almost every day, right up to her due date. In 12 weeks, this Mama of Brodie (2 years) and Ava (now 3.5 months) dropped 16 pounds, losing 11.1% of her body weight. In addition, she lost 6% of her body fat, and moved 4 BMI points, into a healthy range. She won a week of unlimited classes, and a **One Fit Mama®** baby onesie for her little one to show off all of her accomplishments!

