



FOR IMMEDIATE RELEASE

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City of Federal Way full of losers – dropping more than 600 pounds so far

Federal Way residents have lost something big – 602 pounds to be exact. A 12-week “Biggest Loser” contest sponsored by the City helped 73 residents to get moving and start losing.

The winner of the first-ever contest, Leslie LaShae, lost 52 pounds and 18.18% of her body weight. LaShae heard about the contest through the Federal Way Community Center and is glad she signed up. “I changed my eating habits altogether and dropped my calories in half. I followed the advice of the trainer and started exercising and drinking more water,” LaShae shared. For being the biggest loser, LaShae won a six-month pass to the Community Center valued at \$257.

The contest ran from January through March and was led by Fitness and Athletic Coordinator Kimberly Shelton. “It’s great that we were able to offer a structured and affordable program for the residents of Federal Way,” said Shelton, who sent encouraging weekly e-mails to participants with exercise and healthy living tips.

Second place winner Shayne Olsen lost 40 lbs and 16.95% of his body weight. He won a three-month pass to the Community Center valued at \$135.

The program went so well that the City has scheduled something similar, “Spring into Summer,” an eight-week educational program that includes classes on nutrition, exercise and behavior change. The program runs from April 7 to June 2 and costs \$85 for Community Center members and \$150 for non-members. An information session is set for 6 p.m. on April 7 at the Community Center, 876 S. 33rd St. in Celebration Park. LaShae has already signed up for this next program and plans to keep losing weight and getting healthier.

For more information, contact Kimberly Shelton, Fitness and Athletic Coordinator, Federal Way Community Center, 253.835.6932.

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