



## Athens Regional's Lighten Up Georgia Update!

By: Taylor Jordan

ATHENS, GA - Since its inception in January 2010, "Lighten Up Georgia" teams have lost over 9,006 pounds! The concept derived from a study at Brown University revealing "social networks play a significant role in weight loss as well, particularly team-based weight loss competitions." "Lighten Up Georgia" is a FREE team-based community weight-loss challenge conducted by Athens Regional. "Lighten Up Georgia" is about more than losing inches and pounds; it's about living a healthier life.

Last year's competition's individual winner was Rachel Boyle, who wrote, "Thank you to Lighten Up Georgia for motivating my entire family to lose weight as a team! We've had fun together doing this, and we are looking forward to the upcoming session!"

In addition, Profile Update Winner Janet Freeman said, "For me as far as losing weight, it isn't something I think will take a day or a month, it is a forever thing, and it's small steps that will get me there not big ones." "I didn't get big in one year. It took many years. So small steps will get me back." Freeman goes on to say, "The real reason I love 'Lighten Up Georgia' is because it makes you accountable. I have been on diets before, this is my 4<sup>th</sup> year with 'Lighten Up Georgia', and I have lost about 60 pounds, but within the last year, with my new job and schedule, I fell off and gained 10 pounds back. But this keeps me on, I weigh in every week and I am more conscious of what I eat! It keeps me accountable."



Summer Evans, from "Friends for Change", the overall team winner lost 110 lbs in 9 months! "Lighten Up Georgia" hopes to have more participation in this year's challenge in order to exceed last year's weight loss total. There are many opportunities for people to sign up for 5K events within the upcoming month. Visit [lightenupgeorgia.com](http://lightenupgeorgia.com) to register individuals or teams.

*"Begin Your Journey to a Lighter Healthier You"*