



*Always Ready  
Always There*

# *The Gem State Guardian*

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## Fitness campaign yields weight loss

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The 4-Week “Git-N-Fit Campaign,” sponsored by the IDARNG Occupational Health Office, finished last fall with 17 participants who lost a total of 32 lbs and a whopping 35 inches of fat, an 18% increase from the 2010 challenge.

The Git-N-Fit Campaign consisted of weekly nutrition ‘Lunch and Learns’ and four weekly workouts. Each workout varied, but core strength, heart muscle, flexibility and muscles were emphasized.

All visitors and challenge participants learned that health and fitness is fun



and energizing. Colleen Showalter was the biggest loser with Debbie Blagburn a very close second. Maggie Anderson not only achieved perfect attendance but also has to a whole new size to shop for.

Similar fitness strategies are used every morning in the new Gowen Field Gym or can be done anywhere you have a little space. The goal is to

just keep using your muscles and fueling your body with what it needs and when it needs it. More healthful tips can be found at [GuardYourHealth.com](http://GuardYourHealth.com).

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