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**January 19, 2010**  
**News Advisory**

## **West Jordan's 'Weigh Biggest Losers' contest kicks off tonight**

(West Jordan, UT) — West Jordan's third-annual Weigh Biggest Losers contest begins Jan. 19 at 6:30 p.m. at the Gene Fullmer Recreation Center, 8015 S. 2200 West. Contestants will compete for a variety of prizes including cash, weekend getaways, exercise equipment, and improved health and fitness.

Last year's participants lost almost 800 pounds during the 12-week contest and have implemented lifestyle changes that are benefitting them today.

"Our goal is to promote an active, healthy lifestyle within West Jordan and the county at large," said Greg Fabiano, Healthy West Jordan committee chairman. "In addition to the contest, we have formed several walking and running groups that have been a lot of fun and have helped motivate participants to keep moving."

The contest kickoff includes a variety of fitness and health tests which will be repeated at the end of the contest to measure improvement. Participants will also receive a personal weight management and fitness package put together by the Salt Lake Valley Health Department and the Healthy West Jordan committee.

The contestants with the highest percentage of weight lost between Jan. 19 and April 20 will be declared the winners at the Linda Buttars Memorial Fun Run on Saturday, May 1 at Jordan Landing.

The contest is sponsored by the Healthy West Jordan committee, Jordan Valley Medical Center and Total Health and Fitness. The goal is to help residents make better health and fitness choices, which will reduce the risk of many deadly diseases and improve the overall health of our community.

For more information, contact Greg Fabiano, committee chair, at (801) 573-3000 or Jolynn DeBry, committee member, at (801) 631-0605.

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