



Lexington Fayette County Health Department

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Health department wants residents to become Biggest Losers

The Lexington-Fayette County Health Department and the Lexington Division of Parks and Recreation are once again providing a popular way for residents to lose weight and improve their health.

The Biggest Loser Weight Loss Challenge is a free, nationwide program designed to help adults achieve a healthy and well-balanced lifestyle in order to lessen the danger of life-threatening diseases. The kick-off and registration will be held 6-8 p.m. Tuesday, Sept. 28, at the William Wells Brown Community Center, 548 E. Sixth St. Classes will continue at this site 6-8 p.m. every Tuesday and Thursday through Dec. 9.

For more information or to sign up for this free program please call 288-2391, 288-2332 or 389-6678.

“This program is great for anyone in the community who wants to improve their health,” said Mark Johnson, health equity team leader at the Lexington-Fayette County Health Department, and one of the event’s organizers. “Not only will the Biggest Loser Weight Loss Challenge give people a chance to come together in a comfortable environment to exercise, we’ll also be teaching them how to make healthy choices.”

A series of nutrition classes will educate participants about Body Mass Index (BMI) and how to maintain a healthy weight. Individuals can also take part in low-impact aerobic classes, various physical activity stations and specialty classes, like Pilates, NIA and Zumba. Healthy cooking and healthy eating workshops are offered as well. Sponsors encourage people to practice these healthy habits not only during class times, but also in their everyday lives.

This will be the health department’s third weight loss challenge. The previous two had more than 600 participants combined, with the groups losing a collective 750 pounds. In addition to losing weight, they also lowered their blood pressure, improved diabetes numbers and reduced their body fat.

The challenge is sponsored locally by the Lexington-Fayette County Health Department, the Lexington Division of Parks and Recreation, Central Baptist HealthwoRx, the North Lexington YMCA, Promatx Health Club and the Kentucky State Office of Health Equity.

For additional information, become a fan of the Lexington-Fayette County Health Department on Facebook, or follow us on Twitter at twitter.com/LFCHD.