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## 2017 Results

See what YOU have accomplished in 12 weeks!!!

# Let's See How Far We've Come...

...in **ONLY 12 Weeks!**





Total Number  
Of Workouts

• 14,968

Total Number  
Of Participants  
That Finished  
Healthier You

• 194

Average  
Number Of  
Participants To  
Attend H.Y.S.A

• 15



# “GOAL-GETTER”

Everyone who reached 1 or both of their goals was entered into this prize drawing!!  
Way to REACH YOUR GOAL!

Ages 5-8

Jaysa  
Robison

Ages 9-12

Morgan  
Hamilton

Ages 13-17

Sydney  
Burton

Ages 18-29

Kayla  
Illich

Ages 30-44

Will  
Curtis

Ages 45-59

Shannon  
Irish

Ages 60+

Dennis  
Murphy

# Over 25/ Under 100

Prize drawing for anyone earning at least 25 points, but less than 100 points

Ages 5-8

James Curtis

Ages 9-12

Joseph  
Curtis

Ages 13-17

Brenner  
Wilson

Ages 18-29

John  
Totemoff

Ages 30-44

Jennifer  
Shiell

Ages 45-59

Laura  
Nibler

Ages 60+

Sue  
Britt



# K-TWO “Keeping the Weight Off

Prize drawing of individuals who weighed in at or below last year’s weigh out (and lost 5lbs in the 2016 Healthier You).

Michael Freerksen

# Smoke Free Days

186 TOTAL DAYS\*

1<sup>st</sup> Place: ANGELA MORRIS

- 80 DAYS

Honorable Mention: HOLLY JENKINS

- 69 DAYS

Honorable Mention: MARGARET BENZO

- 30 DAYS

Honorable Mention: ANTHONY LAYTON

- 7 DAYS

*\* This count includes participants who didn't complete the program.*

# Top Activity Points

First Place in Each Age Category

Age Group	Individual	Points Earned
5-8	Claire Sutton	260
9-12	Nicolas Alfaro	316
13-17	Blake Morrison	387
18-29	Chyna Denney	706
30-44	Amber Mehlberg	764
45-59	Patrick Olson	738
60+	Mary Casey	1053 !



# Top Weight Loss- by Percentage

1<sup>st</sup> Place: DONNY KIZER

• 13.43% (28 LBS)

2<sup>nd</sup> Place: DENNIS MURPHY

• 12.80% (26.5 LBS)

3<sup>rd</sup> Place: MAUREEN RADOTICH

• 9.17% (16 LBS)



# Top Organizations and Total Points

10 TOTAL ORGANIZATIONS

Valdez City  
School  
Employees  
4,329

Providence  
Medical  
Center  
2,778.5

Prince  
William  
Sound  
College  
2,196.5

Copper  
Valley  
Electric  
Association  
1,704.5

City Of  
Valdez  
1,591.5

United States  
Coast Guard  
1,412

Valdez  
Fisheries  
Development  
Association  
704.5

APSC/SERVS  
580.5

Crowley  
501

Safeway  
136



# Top Teams – On An Average

40 TOTAL TEAMS

## BODIES IN TUNE – 634.30

<b>STRONGER TOGETHER</b> 419.90	<b>THE REAL SLIM SHADYS</b> 402.33	<b>BOD SQUAD</b> 282.22
<b>FLEX APPEAL</b> 277	<b>THE ALFAS</b> 260.08	<b>THE MUFFIN TOP STOPPERS</b> 246.38

# GRAND PRIZES - YOUTH

Prize drawing – 100 points or more!

Ages 5-8

Grace  
Padron

Ages 9-12

Desi  
Woodgate

Ages 13-17

Rafael  
Alfaro



# SECOND CHANCE PRIZE

Prize drawing – one individual from each age group (18 years and older) will be selected to win!

Ages 18-29

Kayla  
Osborn

Ages 30-44

Tony  
Gorman

Ages 45-59

Eric  
Auten

Ages 60&Up

Kathy  
Todd

**\$1,000**

**GRAND PRIZE WINNER IS...**

All participants ( 18 years and older) who earn at least 100 total points and check-in within the last 3 weeks of the program will be entered into the Grand Prize drawing.

**MEL KOONTZ**



# Thanks For Coming

We are proud of all you have accomplished!

You worked hard...and it SHOWS!

Make sure to join us for Healthier You 2018.

Stay tuned to Valdez Parks and Recreation for details.

