

PRESS RELEASE:

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**Pardee Hospital to launch county's first
business-oriented weight loss competition**

(Hendersonville, N.C.) Pardee Hospital announced that it will launch Henderson County's first business-oriented weight-loss effort through Western North Carolina's Lighten Up 4 Life Program, in cooperation with the Henderson County Chamber of Commerce. The competition will officially begin on Sept. 1, 2009.

Last year, Mission Health System piloted the workplace based, team oriented program in Buncombe County with 5,200 participants from Asheville area businesses who lost more than 25,000 total pounds. In addition to weight loss, the program focuses on key health factors such as blood pressure, cholesterol, glucose and body-mass index. The program reinforces how maintaining a healthy body weight can improve your health and reduce risk factors.

"As Hendersonville's community hospital, Pardee's participation in the Lighten Up 4 Life program aligns with our support of a healthy community," said Pardee CEO Kris Hoce. "We encourage employees from area businesses and individuals throughout the community to join us in becoming a healthier community by participating in this life-changing program."

According to Hoce, anyone with an interest in improving their health through exercise, balanced nutrition and healthy lifestyle changes may participate in the program. Participants determine their own diet and exercise routines; however, Lighten Up 4 Life and Pardee Hospital provide a variety of nutrition and exercise information to help people achieve their goals. To be eligible for prizes, participants must belong to a four-person team. Hoce pointed out that studies show people are more likely to stick



with healthy habits if they have the support and motivation of co-workers, friends and family.

Lighten Up 4 Life consists of three four-month-long competitions each year (beginning Sept. 1, Jan. 4, and May 3), and teams can join anytime throughout the year. At the end of each four-month session, the team with the greatest percentage of weight loss will win prizes. Grand prizes will be awarded to the top teams who have lost the greatest percentage of weight for the entire year (September through August).

For more information on the program or to register a team, visit www.lightenup4life.com/pardee or contact Pardee representative Jill Geis at 828-692-7754. Registrations will be accepted starting Sept. 1.

Pardee Hospital is a not-for-profit community hospital founded in 1953. The main hospital is licensed for 222 acute care beds and is the second largest employer in [Henderson County](#). The hospital has several locations separate from the main campus, including an adult day services center, a health education center in the Blue Ridge Mall, home care services, a rehab and wellness center, a midwifery program, various family and internal medicine practices, and an urgent care facility. For more information or to find a physician, call 1-866-790-WELL (9355) or visit www.pardeehospital.org.

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