

**PRESS RELEASE:**

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**Pardee Hospital to award Lighten Up for Life team  
for weight loss**

*(Hendersonville, N.C.)* Pardee Hospital and the county's first community-oriented weight-loss program, Lighten Up 4 Life (LU4L), awarded Team Material Girls for achieving their weight loss goals. Lighten Up 4 Life officially began on Sept. 1. Team Material Girls won the Pardee LU4L first trimester with a 6.5% (50.5 lbs) total weight loss. Team Material Girls is comprised of Sandy Camp, Pam Guy, Shelby Gaillard and Tabitha Calloway, all associates in Pardee's Materials Management Dept. Each was presented with a \$150 VISA check card.

"I contribute our success to the team. We were all accountable to each other and weighed in every day," according to Gaillard.

"Sandy was our cheerleader and kept us all going," added Calloway.

Last year, Mission Health System piloted LU4L in Buncombe County with 5,200 participants from Asheville area businesses who lost more than 34,000 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.



"I have a new grandchild so the \$150 award will go a long way in buying gifts," said Guy.

"I really wanted us (Team Material Girls) to succeed. We look forward to the next LU4L trimester," said Camp.

LU4L consists of three 16 week trimesters competitions each year (beginning Sept. 1, Jan. 4, and May 3), and teams can join anytime throughout the year. At the end of each 16-week 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 2009 through August 2010).

For more information on the program or to register a team, visit [www.lightenup4life.com/pardee](http://www.lightenup4life.com/pardee) or contact Pardee representative Jill Geis at 828-692-7754. Registrations for the next trimester will be accepted starting Jan. 4.

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





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[www.pardeehospital.org](http://www.pardeehospital.org)

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](http://www.pardeehospital.org).

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