

PRESS RELEASE:

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**“City Hall Chubby Boys” Winners of Pardee’s
Lighten Up 4 Life Competition**

(Hendersonville, N.C.) 4 - City officials were surprised at their Thursday, May 6, 2010 city meeting by Pardee’s Lighten Up 4 Life “prize patrol”. The “City Hall Chubby Boys” Team took top honors in the Lighten Up 4 Life competition for losing the highest percentage of weight of any team and losing a lot of extra “chub”!

“Our team wanted to show our staff that we could “walk the walk”, not just “talk the talk”. Besides, we all had some extra pounds to shed,” said W. Bowman “Bo” Ferguson, City Manager, City of Hendersonville. “We always have a few snacks at meetings but because of Lighten Up 4 Life, we’ve changed the nature of those snacks to include new healthier options” added Ferguson.

Pardee’s own team, “Radiant Rads,” finished a respectable second. And another one of the city’s teams; “Ton of Fun”, led by David Sapp, Human Resources Officer took the third spot. It appears that the city staff is taking this competition seriously.

Lighten Up 4 Life is a community weight loss competition that has inspired many people in Western North Carolina to lose more than 49,000 pounds, with Henderson County losing over 4,200 pounds in just 2 – 16 week sessions.



The last 16 week Lighten Up 4 Life competition began May 3, but you can get started anytime. Family and friends can sign up and do something that will benefit you and your family for years to come – eat better, exercise more and lighten up for life.

The “City Hall Chubby Boys” team showed their staff and the community that if you eat right and move more it can pay off big.

To sign up for Lighten Up 4 Life go to www.lightenup4life.com/pardee and fill out the registration form online. For more information on Lighten Up 4 Life contact Pardee representative Jill Geis at 828-692-7754.

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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