

### Fit for '15 Wellness Program

In an effort to assist our community in getting fit, Cumberland Family Medical Center, Inc. partnered with the UK Cooperative Extension Office in Cumberland County for a Fit for '15 program. Groups met weekly for seven weeks. CFMC, Inc. board members, providers, and community partners gave helpful tips each week on various topics including: benefits/motivation, eating for a healthy heart, is my head in the game, smart shopping and checking labels, physical activity for a healthy lifestyle, healthy eating for a diabetic, and for the final week, benefits and how to maintain.

Winners of the weight loss challenged were announced on Thursday, February 26th. Prizes were awarded based on total percentage of body weight lost. Eligible participants attended five out of seven Fit for '15 meetings. A huge "Thank You!" to the UK Cooperative Extension Office for partnering with CFMC, Inc. on the program and prizes; and to Albany Wellness Center for donating a one month free gym membership for the first place winner.

**1st Place Winner: Krista McKibben**

**Prize: \$50 Houchen's/IGA Gift Card and 1 Month Free Membership to Albany Wellness Center**

**2nd Place Winner: Neal Poindexter**

**Prize: \$25 Houchen's/IGA Gift Card**

**3rd Place Winner: Bonnie Decker**

**Prize: \$15 Houchen's/IGA Gift Card**



Susan Wilson, LCSW helped the group focus with a discussion centered on "Is my head in the game?"