

## **Workers shed weight of three**

Published Date: 30 May 2007

Location: Halifax Courier

STAFF at a Calderdale business have dropped a total of 35.5 stones. About 30 employees at Provident Insurance lost the equivalent weight of three average-sized people as part of their post-Christmas Cold Turkey challenge.

The group competed against each other in teams of four, with challenges including weigh-ins and pedometer contests.

Director of finance, Gary Owen, lost a massive 22 pounds over the 12 weeks.

He said the competition had pushed people to change their habits, with staff giving up smoking, taking up sports and eating healthier.

"It has been fantastic. It has really taken off. People have made themselves feel better as well as having fun."

Colleague Samantha Graham agreed.

"A dramatic change has occurred. Cakes have been swapped for carrot sticks, fried foods have been phased out and salads and sandwiches have started a new trend in the office."

Halifax Rugby League players Aaron Trinder and James Haley presented awards to mark the achievement, which was part of the Well-Being at Work programme.

Calderdale Primary Care Trust enrolled Provident in the scheme in September 2005. Now it will hand the project over to the staff completely.

Last Updated: 30 May 2007