

## ?“Move It Lose It Charlestown Day” proclaimed by Governor Daniels

Written by Administrator

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? As the second Move It Lose It Charlestown (MILIC) kickoff began, a proclamation from Governor Mitch Daniels’ office was presented to event coordinators, wherein January 10, 2009 was proclaimed “Move It Lose It Charlestown Day” throughout the state of Indiana.

At the kick-off event, Vicky Denney of PIP Printing, with assistance from Mindy Scott of Saint Catherine Regional Hospital, emceed the program and named winners of various door prizes.

Charlestown Mayor Bob Hall was honored to present the overall winners of the initial MILIC program which ran from October 4 to December 20.

Hall cited the individuals’ hard work and determination that made them successful.

Jill Fellows of Anytime Fitness was kept busy at their booth as new participants sought information to help them reach their goals.

Fellows said, “It is always inspiring to see weight-loss success stories in magazines or on shows like Biggest Loser. But I have to tell you, seeing folks from my own hometown--people whom I know personally--losing 19, 20, 35 pounds in 11 weeks, that’s just downright amazing to me. Hopefully, with the start of a new year and the desire to become healthier and more physically fit, more people will resolve to jump on Charlestown’s healthier-lifestyle bandwagon. It’s not too late to join!”

In addition to providing a number of screening services, Saint Catherine Regional Hospital also arranged a blood drive with the American Red Cross, whose mobile unit was parked just outside Jonathan Jennings Elementary School for the kick-off event.

Nutritionist Barbara Day from Louisville was a guest speaker. She provided basic eating guidelines and information, such as how to determine accurate portion sizes, and the usefulness of maintaining a diary of what is ate each day.

With the new program, Chef Will Funk, assisted by Alicia Kane will double their efforts and have the cooking demonstrations at Jay C Food Store in Charlestown every Tuesday and Thursday afternoon beginning at 5:30 p.m.

Additional changes in the second rendition of MILIC include the overall time.

Where the first event ran for three months, this time it will be for six months; January through June. There will also be more opportunities for participants to receive support and encouragement, as there will be a Pep Rally and weigh-in opportunities every first Wednesday of the month, from 5:30 to 7:00 p.m., at the Arts & Enrichment Building. There will be additional informational meetings on all other Wednesdays at the same location and times.

Anyone wishing to join or rejoin the MILIC initiative may sign-up at the next meeting on Wednesday evening at the Arts & Enrichment Building at 999 Water Street, beginning at 5:30 p.m.

Details of all planned events, walks and meetings is available at [www.cityofcharlestown/moveitlose.htm](http://www.cityofcharlestown/moveitlose.htm) where you can also register.