

FOR IMMEDIATE RELEASE



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US Federal Credit Union Employees ‘Lose’ to Win Weight-Loss Challenge

BURNSVILLE – US Federal Credit Union (USFCU) employees spent this spring participating in “The 92-Day Challenge”, sponsored and organized by a sub-set of the USFCU Safety and Wellness Committee. The appropriately-titled competition ran for 92 days and challenged the 72 participating employees (just shy of 40% of all USFCU employees) to improve their health by losing weight and developing more healthy habits. Teams of 4, including a captain, worked together to encourage one another in achieving their goals.

Each week, individual’s total percentage of weight loss was submitted to team captains, and team averages submitted to the committee. Weekly meetings were also held to provide updates of teams’ weight-loss, as well as to share success stories, struggles and healthful information including articles and recipes.

Overall, participants had an average cumulative weight loss of 6.1%, equating to over 718 pounds lost! Cash prizes were given to the 3 teams with the highest percentage of cumulative team weight-loss (calculated as a team average) at the end of the 92 days.

“This was such an exciting event for our entire organization. Everyone enjoyed seeing the outstanding dedication, teamwork, drive for personal success shown by all participants,” said Lori Cosgrove, USFCU Senior Human Resources Generalist, and coordinator for the challenge.

In an effort to further assist employees in maintaining or achieving their weight loss goals and to promote wellness activities for all employees, a “Wellness Challenge” and daily walking groups have been created since the close of the previous challenge.

US Federal Credit Union is a member-owned, not-for-profit financial cooperative serving over 55,000 members in the Greater Twin Cities CommunitySM.

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PHOTO CAPTION: USFCU 92-Day Challenge winners - Team Low Riders (from left): Dave Kvalsten, Janelle Stockwell, Chauncey Oliva, and Greg Berry - lost a team average 13.8% of their starting weight.

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