

SUNY Broome gets healthy with the Wellness Challenge

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Team Ka-Ching dances to Donna Summers.

From March to May, SUNY Broome employees walked to Japan and back – so to speak.

Over the course of the SUNY Wellness Challenge, SUNY Broome participants lost a total of 178 pounds and took 46,616,848 steps – 20,486 miles, enough for a round-trip walk to Asia, according to Information Technology Services' Meigo Fitzpatrick, who serves on the Wellness Committee.

And thanks to employees' healthy habits, the college also won the American Heart Association's 2015 Fit Friendly Award, said Human Resources Officer Lynn Fedorchak. It's the second time the college has won Gold, and we're aiming for Platinum – the top rank – next year.

Twenty-three teams and a total of 75 employees have signed up for the second annual Wellness Challenge, which took place at six colleges. Cayuga Community College founded the competition, which also includes Onondaga Community College, SUNY Cortland, SUNY Adirondack and ESF.

Participants earned points by tracking their total number of steps with a pedometer, and logging their exercise, fruit and vegetable consumption, and percentage of lost body weight via the Wellness Challenge website at <http://suny.mywellnesschallenge.org>.

Human Resources' Meg Smith took the most steps of any participants in the competition – 1,279,489, enough to reach Cincinnati on foot. Team Ka-Ching – comprised of Annette LeRoy, Laura Knochen-Davis, Leslie-Scalzo and Rhonda West – took top honors in the competition, both at SUNY Broome and overall. West had the most weight lost at SUNY Broome and earned the most points of any individual in the entire contest.



Meigo Fitzpatrick gives Meg Smith the award for most steps taken.



Team Ka-Ching receives their award.

“She gives credit to her dogs for this,” Knochen-Davis said of West.

Vice President for Administrative & Financial Affairs Regina Losinger had no difficulties meeting the exercise component, thanks to her love of cycling. To improve her health outcomes, she swapped fast-food lunches for healthy lunches brought from home and whittled down on the amount of Diet Coke she drank. She hopes to maintain her new-found healthy habits.

Vice President Regina Losinger discusses the Wellness Challenge

“Most of you know I live on my bicycle. For me, the positive was actually in the quality of the food I’m eating and the water I’m drinking,” she said during the Wellness Challenge closing ceremony on May 14.

Sometimes, healthy competition became a little heated – with one team trying to sabotage another by sending Swedish fish through campus mail or bringing in baked goods and homemade mac’n’cheese, according to comments and confessions read aloud at the event.

Overall, however, participants found the challenge to be enjoyable – and great encouragement for improving their health.

“I continue to be inspired by people’s stories and their overcoming challenges,” said Professor Sandy Alter-Ballard.

SUNY Wellness Challenge Winners

Individual Winner Most Steps at SUNY Broome and Overall

Meg Smith

Team Ka-Ching with the Most Points at SUNY Broome and Overall

Annette LeRoy

Laura Knochen-Davis

Leslie-Scalzo

Rhonda West

Individual Winner with the most Steps at SUNY Broome & Overall

Rhonda West

Highest Total Weight Loss at SUNY Broome – 10.71%

Rhonda West

Raffle Basket Winners

Binghamton Yoga class pass (4 winners)

1. Annette LeRoy
2. Courtney O'Hagen
3. Laura Knochen-Davis
4. Leslie Scalzo

Bath & Body works lotions, gels, Candle Holder & tea lights, Fragrant oils

Meg Smith

Cookbooks, Kitchen scale, measuring spoons water bottle

Leslie Scclazo

10 Minute Belly, Butt & thigh blasters DVD, Anybody's Guide to Total Fitness, Water bottle

Nancy Mangino

SUNY Wellness Challenge T-shirts 2 med, 1 large (3 winners)

1. Rhonda West
2. Julie Cooley
3. Meg Smith

Essential Bodyworks 30 Minute Massage

Laura Davis

Fitbit

Annette LeRoy

Pilates Ball

Brenda Artman

Laughing Yoga

Team Ka-Ching

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