



► Linda Mungie, Chief Administration Officer, dropped by a recent challenge to show her support for Team Blue.



► Slimpossible teams celebrate at the finish line of the KP 5K.



► Trainer Linda Byams leads Teams Red and Purple in a pre-challenge workout.

## Mission: Slimpossible Progress Report

The Children's Mission: Slimpossible teams are taking this wellness competition seriously. Since Aug. 13, 10 teams of five employees have been exercising regularly, making healthy food choices and competing in weekly challenges, such as stacking cups one on top of each other wearing wrist weights. Here's a progress report at this point of the 12-week program:

- Total pounds lost: 579.45
- Overall average percentage of lost body weight: 4.6%
- Pounds lost by leading team: 88.5
- Most pounds lost in one week: 95
- Visits to careforceconnection/slimpossible: 10,265



► Aleaha Vample, Respiratory Care Professional, Egleston, concentrates on stacking cups for the weekly challenge.