

Mission: Slimpossible

By now, you've probably heard about the latest program from our Employee Wellness team. But what is Mission: Slimpossible?

Nutritionists: Our Strong4Life Registered Dietitians meet with their teams each week to discuss nutritional goals and ways to incorporate healthy foods into their diet.



Mindy Belcher, MS, RD

Registered Dietitian with more than 10 years of experience in adult and pediatric nutrition. She earned

her master's in Nutrition from Mississippi State University and her bachelor's in Nutrition and Food Science from Auburn University. Before joining the Wellness team, Mindy worked in various clinical areas at Children's, including gastroenterology, diabetes and cystic fibrosis.

Favorite Atlanta restaurant: Seasons 52. You can go out and have a great meal (dessert, too) with none of the guilt. Their use of seasonal ingredients also really appeals to me.

Song or artist on your iPod that would surprise us: DJ Jazzy Jeff & The Fresh Prince and J.J. Fad

If you didn't work at Children's, you would be at: Full-time Zumba instructor

Explain your dream vacation: I would travel through Europe and try the different cuisines.

Employees at Children's would be surprised to learn that: I used to do a live nutrition segment on a local television station in Mississippi each week.

Favorite TV show, movie or book: *The Andy Griffith Show* and the movie *Grumpy Old Men*

People say you remind them of: Minnie Driver



Amanda Wooden, RD

her undergraduate degree in Nutrition and Food Sciences from Auburn University. She completed her dietetic internship

through a master's program at the University of Alabama at Birmingham and then became a Registered Dietitian, specializing in outpatient counseling for diabetes, heart disease and other lifestyle-related diseases.

Favorite comfort food that can be healthy or healthy snack: I like to eat seasonally, so right now, tomato sandwiches.

If you could only bring three ingredients with you to a deserted island, they would be: Fresh clean water, oats because they are versatile and could be prepared over a fire, and olive oil (can't live without this one).

Favorite Atlanta restaurant: Canoe. They use lots of local ingredients, and it is so tasty. Or Six Feet Under, mainly because I can walk there and my kids like it, too.

Song or artist on your iPod that would surprise us: Nathan Angelo, who plays the piano at my church

If you didn't work at Children's, you would be at: Singer-songwriter

Explain your dream vacation: Lots of mountains and lots of snow for skiing/snowboarding.

Employees at Children's would be surprised to learn that: I am 36 and have three kids.



Meet the team's third nutritionist, and learn which of the three managed a campus cafeteria during her college years at careforceconnection/slimpossible.

Mission: Slimpossible is a 12-week program that incorporates the positive components of *The Biggest Loser* TV show—but there are no public weigh-ins and no one gets voted out of the program. Ten teams of five employees are competing against each other through fun weekly challenges, such as moving gravel, creating recipes from a list of random ingredients and kicking a ball through a figure 8. The goal is to become healthier, and it's a true team effort.

Each participant has the support of our expert Strong4Life trainers and nutritionists, who provide one-on-one coaching and help set weekly goals. You'll learn more about the coaches, nutritionists and participants on Careforce Connection in the coming weeks, but here's a sneak peek at some of the key players.

Trainers: Our Strong4Life trainers are the primary source of motivation for their teams. Each week, they facilitate team challenges and help monitor participants' wellness goals.



Linda Byams, AFAA Certified Personal Trainer, Wellness Coach - Fitness Instructor

Linda Byams is a recognized health educator, wellness coach, personal trainer and advocate for healthy families. She brings to Children's more than 16 years of experience developing and implementing successful wellness programs for health and educational organizations throughout metro Atlanta. Thanks to her "15-minute workouts," staff are getting results and having fun, too.

Most recent race/competition you participated in: CrossFit's BarBells for Bobbs, a breast cancer fundraiser

An exercise you dread doing is: Pull-ups

The fitness accomplishment you are most proud of is: The Iron Girl

Song or artist on your iPod that would surprise us: 50 Cent

Explain your dream vacation: I'd be in a cottage on the beach in Antigua with my husband and no cell phone.

Employees at Children's would be surprised to learn that: I am 58 years young and have been married for 37 years; have four kids (ages 35, 34, 31 and 29), two grandkids (5 and 2), two dogs (100-pound Giant Schnauzers) and two cats (that my kids begged me to take in and left behind).

Favorite TV show, movie or book: *Burn Notice*



Rod Johnson, NASM-CPT, AFAA, IFPA - Fitness Trainer

Rod Johnson, voted runner-up "Fittest Male" in 2000 by *Atlanta Sports & Fitness*, has balanced his passion for fitness

alongside a career in journalism. With more than 15 years experience as an award-winning broadcast news producer (concentrating on medicine, health and fitness), he's also worked as a fitness professional for 19 years.

An exercise you dread doing is: I dread the mountain-climbing exercise, but I enjoy the way it leaves me feeling when I'm done.

Song or artist on your iPod that would surprise us: Lil' Wayne. I have a really difficult time understanding the lyrics of today's hip-hop artists, like Lil' Wayne, but his music has me bobbing my head and dancing (in my head).

If you didn't work at Children's, you would be: A broadcast news producer covering medicine, health and fitness news, but still helping people make realistic behavior changes.

Employees at Children's would be surprised to learn that you: Also get tired of exercising (at times). All good things do require a little rest and relaxation, too.

Favorite TV show, movie or book: *Damages*

People say I remind them of: A captain, because of my no-nonsense approach to fitness.



Meet two more fitness trainers, Cami Mitelson and Reggie Greene, and learn which of the four formerly starred in a Wild West musical at careforceconnection/slimpossible.