



**Downstate Correctional Facility Staff Host a “Biggest Loser” Competition  
March 13, 2014**

This past January, the Downstate Correctional Facility’s Employee Assistance Program (EAP) Committee and coordinators hosted a “Biggest Loser” Competition in an effort to promote health and wellness among their staff members. The eight week long program started with an initial weigh-in followed by a weekly weigh-in opportunity to monitor their progress. The EAP staff provided support in the form of educational materials and promotional items to help educate and motivate the participants.

Prizes were awarded to both male and female staff members who lost the greatest percentage of body weight at the final weigh in. A combined total of over 150 lbs were lost by the 15 registered participants. All the staff who participated enjoyed the friendly competition and showed terrific progress.