

ZipFit 2009 Summary

On Friday, May 1st a celebration & awards event was held at the Student Recreation & Wellness Center for the conclusion of the 12 week Zip Fit program. Approximately 50 participants attended the event.

This year, 53 teams each comprised of 5 UA employees - mostly faculty & staff and some student assistants – participated in the Zip Fit program. Together, the 265 participants accumulated 5,924 points over the 12 week period for recorded physical activity at a fitness facility, recording when they met their recommended 5 servings a day of fruits and vegetables, attending Lunch and Learn presentations, and recording a lower resting blood pressure from pre- to post-wellness assessment. Many participants also lowered their body fat percentage while increasing their lean tissue mass, as recorded by the Bod Pod in the School of Education's Sport Science & Wellness Education's Exercise Physiology lab.

During the celebration event, prizes were awarded for: Best Team Name, Best Team t-shirt design, Lunch & Learn attendance, Individual Points Total, Runner Up Team Points Total, and Grand Prize Team Points Winner. Numerous door prizes were also distributed during the event.

Teams will now compete for the Perseverance Award, which will be awarded in September to the team that continues to accumulate the most physical activity points from Memorial Day to Labor Day. The winning team will be awarded 2 tickets for each team member for the Homecoming Football game against Ohio University in October.

Program sponsors for this year's event included: Student Recreation & Wellness Services, the College of Nursing, Department of Sport Science & Wellness Education, UA's Center for Nutrition, Medical Mutual of Ohio, and Human Resources.

Prize sponsors included Student Recreation & Wellness Services, Center for Nutrition, EJ Thomas, Barnes & Noble, UA Athletics, Custom U, and Dining Services.

The winning teams and individuals are pictured below:

Grand Prize Team Points Winner: *The Lean 5 Sigma*



Pictured from left to right:
Steve Ash, William McHenry,
Susan Hanlon, Barb Osyk
(captain), Ravi Krovi

397 Points

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Runner Up Team Points Winner: *The Fit-Tastic Five*



Pictured from left to right:
Susan Baker, Pam Hoover,
Courtney Miller, Stephanie Baker.
Not pictured: Casey Miller
(captain)

329 Points

Individual Winner:
William McHenry, The Lean 5 Sigma
117 Points



Best Team Name: *The Good, The Bad & The Chubby*

Pictured from left to right: Sarah Goldstein
(captain), Stacy Bubba, Pam Spinner, Katie
Feudner, Ashlee Daly

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Best Team T-shirt Design: *Team Fit-Possible*



Pictured from left to right:
Anne Hanson (captain), Flo
Fiehn, Cathy Moore, Edie
Barnes, Annabelle Foes

Lunch and Learn Presentation Winner: *Marlene Glennon, American Idle*

