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## **SPRING-FORD AREA SCHOOL DISTRICT EMPLOYEES LOSE MORE THAN 239 POUNDS IN DISTRICTWIDE WEIGHT LOSS CHALLENGE TO RAISE MONEY FOR SNAP**

LIMERICK — Spring-Ford Area School District employees lost a collective 239.4 pounds over the last month as part of an annual districtwide weight loss challenge, which also doubled as a fundraiser for SNAP (Students Need an Alternative Party) — the committee that organizes the high school's annual post-prom party.

To participate in the third annual Spring-Ford Weight Loss Challenge, employees agreed to donate \$10 to SNAP, and then joined in a competition to see which building's employees could lose the most weight. The contest, which brought in \$670 for SNAP, began Jan. 4 and ended Feb. 1. The buildings that lost the most weight by percentage are:

1. Spring City Elementary School — 3.58 percent
2. Oaks Elementary School — 3.22 percent
3. Brooke Elementary School — 3.06 percent
4. 5-6 Grade Center — 2.44 percent
5. Evans Elementary School — 2.43 percent
6. Seventh-Grade Center — 1.68 percent
7. Upper Providence Elementary School — 1.44 percent
8. Limerick Elementary School — 1.42 percent
9. District Administration Office — .51 percent

District employees used a variety of methods to stay motivated during the weight loss challenge, such as exercising and encouraging colleagues along the way. School nurses kept their teams engaged by sending emails, token gifts, recipes and exercise tips.

"District staff members were not only excited to take part in an activity that benefited their health and well-being, but contributed to such a great cause," Evans Elementary School Nurse Laura McNeil Murphy said.

Since the weight loss challenge began three years ago, district employees have raised \$2,560 for SNAP and lost 1,256.6 pounds.

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