



# The Forum

Serving Tamarac, Lauderdale  
and North Lauderdale

WEDNESDAY, FEBRUARY 24, 2010

VOL. 31 No. 8

WWW.SUNSENTINEL.COM/TAMARAC

## Lauderhill challenges you to get fit

TESSA METAYER [TMETAYER@TRIBUNE.COM](mailto:TMETAYER@TRIBUNE.COM)

A 2008 report by the Centers for Disease Control and Prevention stated that 24 percent of Floridians were obese. Looking to do their part to bring down that number, Lauderhill officials have begun a citywide weight-loss challenge aimed at promoting exercise and encouraging residents to incorporate physical activity into their daily lives.

The challenge will begin March 1.

"It's not about weight," said Scott Newton, assistant director of Lauderhill's Parks and Leisure Services Department. "We want people to reach their goals."

Newton said city officials

are hoping residents will take advantage of the gyms that are located throughout city parks and facilities and will step outside their homes in the name of health and exercise.

Others are also encouraging residents to stay fit. Local fitness center Body Mechanics began its challenge Feb. 15. The fitness center evaluated participants' health and devised plans to help them improve their fitness.

"We'll do whatever we can. We want to encourage [participants] to exercise, increase their level of activity and to even join a



**GETTING FIT** Judi Hamilton of Lauderhill, left, speaks with Stephanie Shorr, CEO of Body Mechanics in Lauderhill, about beginning her fitness routine. PHOTO/TESSA METAYER

continued from 1

gym," said Stephanie Shorr, CEO of Body Mechanics. "It may not be ours, but some gym."

Body Mechanics' challenge ends May 17 with a final weigh-in. Those who have made the biggest improvement will be saluted at an awards ceremony June 4.

Meanwhile, city staffers are striving to get fit with their own challenge. Their first weigh-in will take place at the end of the month.

"We want to increase employee health and performance and reap some financial rewards," said Revlon Fennell, human resources director for the city of Lauderhill. "This can lower the cost to the city in regards to health insurance premiums."

Fennell said 35 employees are participating

in the challenge. After they reach their goals, the challenge will continue with a new set of participants.

"We're just trying to make fitness [part of an individual's] lifestyle and not just something you start as a new year's resolution on Jan. 1," Newton said. "It's [about] an awareness of caring for yourself."

*For information about Lauderhill's fitness initiative, call Scott Newton, assistant director for Lauderhill's Parks and Leisure Services Department of the city of Lauderhill at 954-730-3084. If you are a resident of Lauderhill and would like to participate in Body Mechanics, The Greater Lauderhill Biggest Winner Challenge, call Stephanie Shorr at 954-749-8558.*

continues on 10