



DETROIT METRO • WILLOW RUN
WAYNE COUNTY AIRPORT AUTHORITY

L.C. Smith Terminal • Mezzanine
Detroit, MI 48242
ph 734 942 3550
fax 734 942 3793
www.metroairport.com

News Release

Contact: Hannah Johnston (734)955-3280
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Airport Employee Wins Weight Loss Challenge

~Now she faces challengers from Chicago and Houston

MONDAY, JANUARY 9, 2005- DETROIT, MI- A Detroit Metropolitan Wayne County Airport (DTW) employee has won the Women's Division of the "Get Healthy Tri-City Challenge", sponsored by Abbott.

Barbara Longre, a Wayne County Airport Authority (WCAA) employee for three years won \$300 in prize money for the combination of weight and inches lost due to participating in the weight-loss program. She will now represent WCAA in the next phase of the contest.

"Overall employee health is important because it helps reduce employee absence and cut healthcare costs," said Lester Robinson, CEO for WCAA. "Participating in programs that promote a healthy lifestyle, benefits everyone in the long run."

The challenge, based on the *Body-for-LIFE*[™] (BFL) program designed by fitness author and EAS founder, Bill Phillips, helps initiate personal change by integrating intense, physical workouts (six days a week), proper nutrition (six small meals a day), and personal goal setting. The premise behind the program is that people are more likely to stick with a diet program if they see physical results quickly.

EAS is a subsidiary of Abbott, a global, broad-based healthcare company which put together the challenge between Chicago, IL, Houston, TX and Detroit after Men's Fitness Magazine has rated the three cities on their *Fattest Cities* list for a number of years. Abbott decided to form a study based on BFL to monitor how much a person's health would change in 12 weeks – both physically and mentally.

"As a health care company, we have a responsibility to do what we can to help improve people's health," said Russ Layman, divisional vice president, Corporate Marketing, Abbott. "We hope that by lending Abbott's expertise to help employers facilitate programs like the *Body-for-LIFE*[™] Challenge that they will see improved worker health and increased productivity. Abbott extends our congratulations to Ms. Longre and to all of the challenge participants."

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Abbott contacted individual companies in the three metropolitan areas. From Detroit, the companies that participated were WCAA and ArvinMeritor. Participants were required to be in general good health, overweight and to complete productivity surveys, attend three lab draws and record their exercise and meal selections in journals. Fifty employees from WCAA participated and 10 finished the program.

NEXT LOSS COULD BE HER GAIN

Longre's next step will be to travel to Chicago in February to compete against winners from Houston, Chicago and Detroit. If she wins the next leg of competition she will win \$1,000 cash and the chance to advance to the 2006 national competition where she has the opportunity to win \$1,000,000 from EAS.

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