

The logo is set within a yellow, ribbon-like banner with a blue outline. At the top, the text "Pocono Medical Center's" is written in a blue, outlined, sans-serif font. Below this, the word "BIGGEST" is in large, white, bold, sans-serif letters with a blue outline. A yellow measuring tape with black markings is wrapped around the word "BIGGEST". Below the measuring tape, the word "WINNER" is written in the same large, white, bold, sans-serif font with a blue outline. At the bottom of the banner, the word "Challenge" is written in a large, blue, outlined, sans-serif font.

Pocono Medical Center's  
**BIGGEST**  
WINNER  
Challenge

PMC's Healthy Living 6 Month Weight Loss  
and Positive Lifestyle Change Challenge!

# Welcome!

- Opening remarks by Dr. Musa Tangoren & Amy Kirkwood
- Our Objective and Goal:
  - To provide encouragement and awareness to all of our community to reduce and prevent obesity as well as promote healthy living

# Our **PMC** Experts



- Dr. Musa Tangoren is a Board certified anesthesiologist for Pocono Medical Center with a life-long passion for health and exercise. He is a National Physique Committee champion bodybuilder and has helped many women and men achieve their fitness and health goals.

- Dianne Chelak is a Registered Dietitian here at Pocono Medical Center. She is certified in Weight Management Training. Dianne handles many outpatients regarding weight management and lifestyle modification. She is constantly staying up to date on the latest trends in food and nutrition through blogs, websites, and magazines in order to provide the most current information to her clients. She ironically considers herself a “foodie” but balances it out with running, golfing, and skiing to stay in shape.

# Weigh-in Information

- Will be held 2<sup>nd</sup> and 4<sup>th</sup> TUESDAY of every month
- Dates: (Initial Weigh-In) April 22<sup>nd</sup>, May 13<sup>th</sup>, May 27<sup>th</sup>, June 10<sup>th</sup>, June 24<sup>th</sup>, July 8<sup>th</sup>, July 22<sup>nd</sup>, August 12<sup>th</sup>, August 26<sup>th</sup>, September 9<sup>th</sup>, September 23<sup>rd</sup>, and (Final Weigh-in) October 14<sup>th</sup>
- Where: **Morning** weigh-ins will take place on the 2<sup>nd</sup> floor of the Hughes Cancer Center. **Evening** weigh-ins will take place at East Stroudsburg University's Science and Technology Building located at 108 Normal Street
- Times:
  - (morning) 7:30 – 8:30 AM
  - (evening) 5:30 – 8 PM

# Lectures/Activities

- Motivational and educational nutrition talks will be provided by our PMC Doctors and Dieticians from 7 – 8 PM during **evening weigh-in**
- PMC will be hosting a healthy activity during the course of the challenge (To be announced later in program)

# Rules/Guidelines of Challenge

- In ensuring all participants are competing on a level playing field, we ask that you DO NOT use the following:
- Dietary Supplements, Hormone Supplements, Legal and/or illegal drugs, over-the counter diuretics (unless prescribed by Dr.), laxatives, detox/cleanses, starvation or fasting, forms of purging, sweat suits or saunas, extreme exercising, and recent weight loss surgery (ie. Lap band, gastric-by-pass)
  - For more detailed information on rules and guidelines, please refer to information provided in your biggest winner contest folders

# Selection of Winners/Prizes

- Winners will be chosen on greatest total percentage of BODY WEIGHT lost at the end of 6 month period
- Grand prize winner will receive an Ipad donated by Dr. Musa Tangoren
- Top ten runner-ups will receive prizes
  
- REMEMBER, EVERYONE WHO PARTICIPATES IS A WINNER!

# Tips for weigh-ins

- In ensuring an accurate and reliable measure of weight lost, it's important for participants to attempt to come to weigh-ins wearing similar clothes as previous weigh-ins
  - (ie. Work attire or fitness clothes)



# Closing

- For those who may have additional questions for our PMC experts throughout the course of the contest, we are here for you!
- Please send any questions to:

[wellness@poconomedicalcenter.org](mailto:wellness@poconomedicalcenter.org)

[www.poconomedicalcenter.org/wellness](http://www.poconomedicalcenter.org/wellness)

570 426-2879