

BATTLE OF BADGES II CHAMPION NAMED
(30 Members of Law Enforcement Lose More Than ½ Ton; Sheriffs Beat Out 2 OC Police Agencies)

The Orange County Sheriffs Department turned out to be the biggest losers...and that earned them a title, bragging rights and a whole lot more. The county law enforcement agency edged out the Santa Ana and Anaheim Police departments in Battle of the Badges II, a friendly weight loss competition sponsored by Lindora Medical Clinics. The 30 participants (10 from each department) stepped on the scales for the final time today in front of the Santa Ana Police Department and discovered that they lost a combined 1,011 lbs. Each set a goal of losing 10% of their body weight during the 10-week program and they exceeded that. While the Orange County Sheriffs team lost a combined 14.5% of their body weight to declare victory, the Santa Ana and Anaheim Police departments were close runners up having lost 14% and 12%, respectively. Before being weighed in for the last time, each participant held an enlarged photo taken at the start of the competition so that those gathered could witness the progress that each made.

Also, the 17 youths who participated in this year's mentorship program were acknowledged. They were paired with an officer at the onset of the program 10 weeks ago and each was successful at losing at least 10% of their body weight on the Lindora program.

"On behalf of everyone in the Lindora family, we wish to congratulate the Orange County Sheriffs Department on emerging victorious in this year's Battle of the Badges and to everyone who participated in the competition," said Cynthia Stamper Graff, president and CEO of the nation's largest medically supervised weight control program. "We salute these brave men and women who have dedicated their lives in service to their communities and are now serving as Healthy Heroes to us all."

Underwritten by the nonprofit Lean For Life Foundation, Battle of the Badges II pitted the three departments in the Lindora program. Emphasizing an "eat better, move more and stress less" philosophy, it combines diet, moderate exercise and motivational support and was designed to help

participants lose 10 percent of their body weight in the first 10 weeks. Participants ranged in weight from 158 to 375 pounds. In addition to slimming down, they enjoyed a number of other health benefits including an average (?)% reduction in blood sugar, (?)% decrease in triglyceride levels, (?)% reduction in LDL (“bad”) cholesterol and a (?)% reduction in waist circumference. In addition, all participants’ blood pressures dropped from pre-hypertension levels to within a normal range.

For more information about becoming lean for life, visit www.lindora.com or call (800) LINDORA.