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**LAW ENFORCEMENT TO ENGAGE IN
“WEIGHTY” BATTLE OF THE BADGES DESIGNED TO INSPIRE YOUTH
(Lindora Organizes 2ND Annual Competition; Adolescents Participate In This Year’s Event)**

Representatives from three Orange County law enforcement agencies and several adolescents will engage in this year’s Battle of the Badges, a weight loss competition being organized by the nonprofit Lean For Life Foundation. Members of the Orange County Sheriff’s Department, Santa Ana Police Department and Anaheim Police Department as well as some local youth will enroll in Lindora Medical Clinics’ 10-week medically supervised weight control program that emphasizes an “eat better, move more and stress less” philosophy. To accommodate their demanding schedules, they may visit any of Lindora’s 35 clinics or the 8 newly opened Lindora Health Clinics at select Rite Aid locations.

Battle of the Badges will kick-off with a weigh-in event on Tuesday, April 21 at 10:30 a.m. at the Lindora Health Clinic in Irvine (15315 Culver Drive, #180-D). During the brief ceremony, participants – sworn members of the three law enforcement agencies – will step on the scales for the first time in this competition. While the officers will be facing off in the friendly competition, the youngsters will not be weighed in to protect their privacy.

Combining diet, moderate exercise and motivational tools, the program is designed to help patients lose 10 percent of their body weight in the first 10 weeks. The winning team will be determined by how close they come to reaching or even exceeding their goal.

According to Lindora President Cynthia Stamper Graff, the 2nd annual Battle of the Badges is intended to help members of the law enforcement community become “lean for life,” and educate the public – especially youngsters -- about the problems associated with being overweight so that they, too, might be encouraged to embrace healthy living.

“We hope that Battle of the Badges calls attention to the problems associated with being overweight, one of America’s most daunting health crises, which impacts all of us – including the younger generation,”

said Graff. “By putting their lives on the line for us everyday, these brave men and women already are our heroes. Now they will take on a new challenge -- becoming healthy heroes, which we hope will inspire the youngsters to become lean for life.”

A final weigh-in ceremony will be held in 10 week’s time during which weigh-in results will be tabulated and the team closest to meeting their target will be declared the winner.

Cited as an authority by “The Today Show,” “Good Morning America” and CNN as well as a number of nationally respected newspapers and magazines, Lindora helps 4,000 patients each day. Lindora is a member of the Partnership for Healthy Weight Management, a coalition composed of the U.S. Food and Drug Administration, Federal Trade Commission, Center for Disease Control and the National Institutes of Health. Lindora’s state-of-the-art approach to bariatrics (weight control) consists of a two-phase cognitive, behavioral program. Phase one involves weight loss, where the patient’s metabolism shifts into the fat-burning state through a combination of structured eating and exercise (vitamins, minerals and protein supplements are introduced to keep patients healthy while shedding pounds). During this stage, patients learn to optimize their caloric intake and eat properly. Phase two, the eight-week “Lifetime Solutions” plan, teaches them long-term weight-maintenance skills necessary for staying lean for life. Visit www.lindora.com for more info.

The Lean For Life Foundation was established by the founders of Lindora Medical Clinic, the Stamper family.
