



Harmless Name Calling and Friendly Competition Highlight the DOAS Weight Challenge

Everyone is in favor of eliminating the fat from government spending, but Georgia's Department of Administrative Services (DOAS) is also eliminating the fat from government workers. During an eight-week weight loss challenge that ended March 5, the 65 participants, known affectionately as the Phatt Boyz and Phabb Girlz, lost a total of 438 pounds.

Pursuing their goal of a healthier, happier 2008 under identity-shielding nicknames like Crisco, Jelly Belly, Tater Salad, Canadian Bacon, and Won Ton, DOAS staff cut their calorie intake and increased their exercise regimens. Peer pressure and friendly checks on each other's progress assisted the staff in focusing on their weight-loss goals. Weekly weigh-ins were reported through internal communications, and at the end of the competition, the "biggest losers" received trophies and other awards. As a result of the weight loss challenge, many staff members provided testimonials as to how the contest helped them to change their lifestyle, with examples ranging from monitoring food portions, to eliminating starchy foods, to adopting new exercise regimens or joining a gym.

The program was so effective, and was met with such enthusiasm; the story caught local media attention. The DOAS Weight Challenge was featured in a May issue of the Atlanta-Journal Constitution's "Golden Carrot Award" section because of its agency-wide participation, leadership support, and agreement with a state government effort to watch its collective waistlines. Congratulations to all DOAS employees who participated!

Weight Challenge Winners:

Phabb Girlz

- 1st Place: Latissa Sewell (a.k.a., VoLUMPtuous)
- 2nd Place: Lisa Moghazy (a.k.a., Thin at Heart)
- 3rd Place: Phyllis Wilson (a.k.a., Honeybun Electra 225)
- Most Weight Lost: Debra Blount (a.k.a, Ginger Cake)

Phatt Boyz

- 1st Place: David Hunsberger (a.k.a., Double Burger)
- 2nd Place: Brad Douglas (a.k.a, Tater Salad)
- 3rd Place: Irwin France (a.k.a., Spare Parts)
- Most Spirited: Josh Borden (a.k.a., Cochonrose, *meaning "Fat Pig" in French*) ■