

Biggest Loser “Burning Inches” Fitness Program

Naval Station Mayport, Florida

The MWR Sports and Fitness Department at Naval Station Mayport conducted the Biggest Loser “Burning Inches” contest that ran from Feb. 29, 2008 through May 23, 2008. This Command competition was open to active duty personnel in the Fitness Enhancement Program (FEP). The four-person teams were led by their Command Fitness Leader (CFL) and competed to lose the most weight and inches, both as a team and individually.

Participants were required to attend a nutrition class, an indoor cycling class and two additional exercise classes each week. Weigh-ins were conducted every two weeks with prizes awarded at each weigh-in. A Strive stationary bicycle was the grand prize awarded to the individual with the most weight lost.

Individual weight loss ranged from 18-24 pounds with the winning team celebrating a total team weight loss of 80 pounds.

Biggest Loser “Burning Inches”



Top, The winners of Week 4 Biggest Loser “Burning Inches” contest, with 15 pounds combined loss for the second two week period, is HSL-46 Aviation Structural Mechanic 1st Class Atiba Johnson, Aviation Machinist's Mate 1st Class Jason Rife, Storekeeper 2nd Class Dawn Atkinson and Avition Electronics Technician 1st Class Thomas Eckard. They received Camelbak packs. NAVSTA was second, followed by USS Doyle White. Bottom, Mark Simpson of USS Doyle White Team, Eric Duncan and Kakia Shuler NS Mayport Red Team receive Entertainment Books after learning the good verses bad dining out selections.



-Photos courtesy of MWR

Burning Inches Week 2 Champs



Photos courtesy of MWR
HSL-46 Grandmaster Gray Knights is this weeks winner of the Burning Inches competition. The team lost a total of 20 pounds for the first two weeks of the contest. Contestants received Nike Sports bags for their great accomplishment. The Biggest Loser “Burning Inches” contest consists of teams from USS Doyle, HSL-46, HSL-40, Naval Branch Health Medical Clinic Mayport and NS Mayport. Seven teams total are involved in this event. Pictured from left is MWR Fitness Director Emily Deason, Aviation Machinist's Mate 1st Class Jason Rife, Aviation Structural Mechanic 1st Class Atiba Johnson, Storekeeper 2nd Class Dawn Atkinson, Aviation Electronics Technician 1st Class Thomas Eckard and MWR Sports Director Rita Hammerstad.



Winners of ‘Biggest Loser’



Photo courtesy of MWR
The 2008 winners of the Burning Inches contest after losing a total of 80 pounds is HSL-46 Grandmasters. Pictured from left is NS Mayport CMDCM Deborah Davidson, Strive Representative Allen Friday, MWR Sports Coordinator Rita Hammerstad, Aviation Structural Mechanic 1st Class Atiba Johnson (19 pounds), Storekeeper 2nd Class Dawn Atkinson (24 pounds), Aviation Machinist's Mate 1st Class Jason Rife (19 pounds), Aviation Electronics Technician 1st Class Thomas Eckard (18 pounds) and NS Mayport Commanding Officer, Capt. Aaron Bowman. Atkinson lost the most weight in the Biggest Loser Contest and won a standing exercise bike from Strive.

