

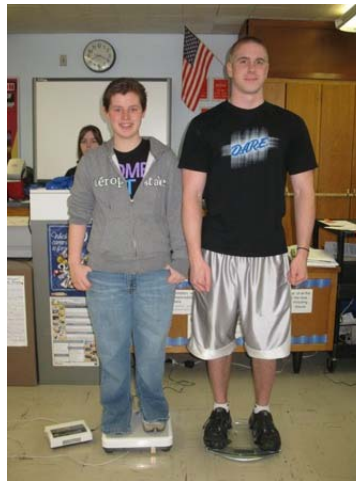
Student Body

Runner-Up Winner
Doland High School FCCLA
Doland, South Dakota

Project Title: *"The Biggest Loser: DHS Edition"*



There were no losers in Doland School FCCLA's *"The Biggest Loser: DHS Edition."* Following the trend program the FCCLA School developed both a mass gain" competition high school students. More signed on to participate in were required to weigh in on week for thirteen consecutive charts for each participant calculations were kept. with the Clark County FCS conduct an assembly for the faculty to discuss eating healthy choices. The chapter cook to present the nutritional information for the daily lunch and give information about the state and federal lunches. To involve more presented a lesson on the importance of exercise The "Biggest Loser" project school staff to participate. a total of 85.2 pounds was muscle mass gained over weeks. At press time the



of the popular television "weight loss" and "muscle among our junior high and than 50% of student body this competition. Students Mondays at the start of each weeks. Personal computer were created and weekly Doland FCCLA partnered Extension Educator to 7-12th grade students and right, staying fit, and making also invited the school's head requirement of school students, chapter members healthy eating habits and to elementary students. also motivated several of In the student competition lost and 16 pounds of the course of thirteen staff members who joined

the adult version had lost a total of 62.6 pounds.