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Students compete in weight loss challenge

February 15, 2008 ¦ Tara Maxwell

Liberty University has its very own version of the TV show “The Biggest Loser.”

More than 65 students submitted applications to Liberty’s Department of Campus Recreation to take part in the Fitness Department’s “LaHaye LUser” weight loss challenge.

Four applicants, including two men and two women, were selected to participate in the program, which runs Feb. 11 through March 28.

The students were selected based on their body fat percentages and answers to questions detailing why they want to become healthier.

“We were looking for a way to promote the fitness department that would be a great motivator for the students,” said Department Director Andrea Sherwood.

For seven weeks the students will meet three times per week with a personal trainer as they embark on a nutrition and cardio program catered to their personal needs. At the end of the contest, the student who achieves the greatest weight loss will receive $500 in prizes.

The Fitness Department has nine personal trainers to serve Liberty students and provides a host of campus fitness events, including The Fall FitFest, seminars, health fairs, workshops and challenges.

Visit Liberty’s Fitness website for more information about the Fitness Department.