

Good Shepherd Institute for Healthy Living Announces “Inspire Award” Winner *Members Share Astonishing Success Stories*

LONGVIEW (January 7, 2010) – The Good Shepherd Institute for Healthy Living announced the winner of its first annual ‘Inspire Award’ during a recognition ceremony at the Institute yesterday. Awards were presented to all finalists, while the 2010 Inspire Award winner, Ms. Julie Tanner, received a coveted one year’s free membership to the Institute.

The award is in recognition of those Institute members who submitted astonishing stories of successful weight loss or improved fitness and health. For many, their success is the culmination of many months of hard work - and their stories are truly inspirational. Finalists have collectively lost hundreds of pounds of weight, and many have reduced or eliminated risk factors such as obesity, high blood pressure and diabetes.

Last night’s award ceremony was filled with inspiring stories from each of the finalist. Finalists include: Pete Litterski, a 56-year-old grandfather who has lost an astonishing 105 pounds in one year; Eric Ferguson, who has lost 50 pounds and reduced his waist size from 44-46 inches to 34-36 inches; Winnie Taylor, a -year-old grandmother who has lost 39 pounds in seven months; and Mark Mohler, who has lost 46 pounds in the last year.

Winner, Julie Tanner’s story was the most inspiring according to the Institute employees who decided on the winner. Ms. Tanner suffered from juvenile diabetes for 29 years and kidney dialysis for six years before receiving a kidney and pancreas transplant in 2002. However, she currently still suffers from diabetic neuropathy in her feet and legs, as well as osteoporosis. Over the past 10 years, she has endured many surgeries, lots of broken bones and pins holding together her ankle, femur and hip.

She first visited the Institute on the night of the open house in October 2008. At that time, she was 90% dependant on her wheelchair and the assistance of others. She remembers the terror she became a member and joined in with the water aerobics for the first time.

“I started taking class on a regular basis with Katie Zappasodi, water instructor and personal trainer, and I loved it because in the water I can walk and do many things I can’t do on land without falling and breaking something,” Tanner said.

After the classes, Tanner decided to begin working with a personal trainer, Lindsay Haywood. Since she started working with Katie and Lindsay her strength, balance and stamina have improved immensely. “She has come a long way since I started working with her,” Haywood said. “I even gave her workout plans she can now do by herself at home while she watches TV. Right now, along with her normal

workout, we are training to walk on difference surfaces that will benefit her for her upcoming trip to the beach.”

“Good Shepherd’s Institute for Healthy Living is a great place, from the towels to the trainers, to the total fitness program. I put my wheelchair in storage in February and now all I need is my walker to shop all over Walmart, Sam’s and the mall. And all of that is possible because of Good Shepherd’s Institute.”

The Good Shepherd Institute for Healthy Living provides advanced outpatient rehabilitative services for individuals requiring a medically-guided continuum of care and provides individuals and area employers the ability to improve and maintain their health through a comprehensive fitness and wellness facility. For more information about becoming a member of the Institute for Healthy Living, contact (903)323-6500 or visit the Web site at www.GSMCIstitute.org

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