

FOR IMMEDIATE RELEASE

San Mateo Credit Union's Loss Is Second Harvest Food Bank's Gain

Following a 12-week health and fitness challenge inspired by the NBC television show “The Biggest Loser,” employees of San Mateo Credit Union (SMCU) lost a combined total of 416.6 pounds. The personal rewards of getting fitter and leaner were enhanced by the fact that a percentage of the entrance fee paid by each participant was donated to the Second Harvest Food Bank in San Carlos.

SMCU staff members were invited to take part in two phases of the competition—one for individuals and a group option for departments—and were required to pay a \$20.00 entrance fee. Confidential weigh-ins were held once a week, and anyone who gained weight was required to pay \$1.00 for each new pound.

At the end of the 12-week period, 40 percent of the money collected, \$500.00, was awarded to the department with the greatest weight loss. An additional \$500, representing another 40 percent, was given to the individual who shed the most pounds. The remaining 20 percent, \$238, was gifted to the food bank. Both the winning department and the winning individual received a produce box courtesy of The FruitGuys, a San Francisco-based company that specializes in providing organic, farm-fresh produce to the workplace.

“We cannot overemphasize the importance of health and fitness, said Rebecca Nixon, Human Resources Manager and the organizer of the event. “The Biggest Loser competition gave SMCU employees an opportunity to meet their goals in a fun and friendly atmosphere, and helping those in need at the same time was a bonus for all of us.”

As a follow-up to the event, all employees, regardless of whether or not they participated in the challenge, have been invited to take part in the Biggest Loser maintenance program to continue the emphasis on healthful eating and exercise.

About San Mateo Credit Union (SMCU)

Founded in 1952, SMCU is a member-owned financial institution that currently serves more than 71,000 individuals and manages nearly \$600 million in assets. Six conveniently located branches, enhanced by a sophisticated online banking system, bring a full range of financial services within easy access. For more information or to find the branch nearest you, visit www.smcu.org or call Direct Assist (650) 363-1725 Monday through Friday, 8:00 am to 6:00 pm and on Saturday, 9:00 am to 3:00 pm.