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Inaugural Greater Hartford Slimdown is a success, with more than 930 pounds lost

PLAINVILLE, Conn. -- The YMCA of Greater Hartford is excited to celebrate the culmination of the Greater Hartford Slimdown!

After 10 weeks of workouts, nutrition plans and group support, the members of the YMCA who participate in the competition lost a total of 930 pounds! In addition, the top male and female competitors each lost about 15% of their total weight! It's all thanks to hard work and team work.

Excitement about the Y Wellness Center programs has never been higher, and participants are eager to continue living healthy!

Chris Hibbs, the YMCA of Greater Hartford's association director of health and wellness, said, "The Slimdown has helped our members feel more connected to the Y by engaging them on a daily basis with tips and challenges to help them be their best selves. As a result of the Slimdown, we've seen more interaction between members and staff in our Wellness Centers as members ask for assistance on new exercises and direction on how to use different gym equipment. Something I'm really excited about is how many people are trying new things; one of the weekly challenges was to take a spin class, and so many people who probably never would have tried spin came out and participated. Members have also been trying out different types of strength training instead of just concentrating on cardio, which is great."

And we are very excited to announce that we will have another competition starting in February. Stay tuned for dates!