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Less is more in 'Lose to Win'

Weight-loss teams keep eye on better health -- and cash prize

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LINDENHURST -- Amy Modell thought the best way to make herself a more productive person to her family was to join a boot camp.

Her goal: Lose 20 pounds.

"I want to be healthy," the local woman said.

Modell and 250 other Lake County residents are embarking on a nine-week fitness program at the Lindenhurst Health and Fitness Center, part of the second annual "Lose to Win" challenge.

More than a dozen teams of 25 people will compete to lose the most weight for a \$1,000 cash prize.

"It was an original idea of ours," said director Eric Nelson. "It is kind of like everyone's New Year's resolution. With the way the economy is and people losing jobs, it is a good way for people to network."

There will be 18 boot camps featuring traditional and non-traditional exercises to help participants shed pounds.

"I just want to feel better," said Lindenhurst mom Cathy Edwards, who signed up as part of the 102.3 WXLC radio station team. "I ate well during the holidays, so I need to work out."

Mike Clayson of Buffalo Grove said he has not been in shape since high school and wants more energy to keep up with his young son.

"I don't have a lot of energy when I come home from work," Clayson said. "It has not been always easy to work out and stay in shape. I am prepared for this."

Nelson said he can't promise that the personal trainers will go easy on the participants.

"All I can promise is that there will be no yelling," he said.