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SOLDIERS OF U.S. ARMY EUROPE-LED TASK FORCE IN IRAQ AIM TO BE 'BIGGEST LOSERS'

By Sgt. Brandon Little

12th Combat Aviation Brigade Public Affairs Office

LOGISTICAL SUPPORT AREA ANACONDA, Balad, Iraq -- Being physically fit and in shape may come easy for some people, but others have to work hard on exercising and eating right.



SGT BRANDON LITTLE

Sgt. 1st Class Pamela Midgett, organizer of the Task Force XII 'Biggest Loser' competition, leads her 'Body by Midgett' exercise class at Logistical Support Area Anaconda in Balad, Iraq.

In an effort to help themselves and their comrades who struggle with the battle of the bulge, a group of Task Force XII Soldiers are participating their own spinoff of TV's "The Biggest Loser" competition here. The task force is led by U.S. Army Europe's 12th Combat Aviation Brigade.

They are divided into two teams, just like the TV show, and the teams compete against each other to lose the most weight.

The goal of the competition is to help all 18 participants get in shape and help them create a healthier lifestyle, said Sgt. 1st Class Pamela Midgett, the competition's organizer.

“It’s not my program. It’s their program, to assist them in the areas they need help in,” said Midgett. “Some people do it to advance their (physical training) and some people do it for weight loss.”

The sergeant also leads an aerobics and toning class called “Body by Midgett” to help the participants get in shape.

“I’m a complete (amateur) when comes to aerobics of any kind,” said “Biggest Loser contestant” Chief Warrant Officer Charles Fishe. “I can feel it energizing me. She’s a great instructor.”

The classes are open to all military and civilian personnel who wish to attend. A nutrition class is also available to help participants create healthier diets.

“I understand how some of them feel, because I used to be (overweight) and it’s not a good feeling,” said Midgett. “And I always said that if I could help somebody else, I would.”

The contestants will undergo a 60-day trial period before the exact length of the competition can be determined.

Although Fishe and the other contestants here don’t weigh nearly as much as the typical contestant on the television show they are emulating, they all share the goals of getting in shape and eating healthier.

“Since I joined the ‘Biggest Loser’ competition, I’ve already lost four pounds,” said Fishe. “We were promised we would get our ‘sexy back’ ... and I’m working on it.”



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