

Registration now open for 2012 Meltdown

Third annual event hopes to draw some 1,000 participants

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LEWISTOWN — Registration is now open for the 2012 Mifflin County Meltdown, the Juniata Valley's third annual community-wide healthy living tune-up.

The deadline to register for the six-week event is Feb. 21, when the Meltdown will kickoff at 6 p.m. at Mifflin County High School in Lewistown.

"We would really like to reach 1,000 people with maybe 80 to 100 teams," said Jim Tunall, Meltdown committee member and president and executive director of the Juniata Valley Chamber of Commerce and Visitor's Bureau.

The maximum number of people who can be on a team is 15, Tunall said, adding that "a team could be one (person)."

Some 600 people registered for last year's Meltdown, Tunall said, and there were about 60 teams.

However, he said, "There were a whole lot more that participated."

The kickoff meeting will feature a presentation by Texas native Abby Rike, an author and motivational speaker who lost 100 pounds through NBC's reality TV series "The Biggest Loser."

Following the kickoff, Meltdown meetings will be held from 6 to 7 p.m. each Tuesday for five weeks, ending on March 27.

Tunall said the Meltdown is about healthy living as a whole, such as getting people in the community to eat properly and exercise.



IF YOU GO

- **What:** Mifflin County Meltdown 2012
- **When:** Kickoff meeting is at 6 p.m. on Feb. 21

Following the kickoff, meetings will be held from 6 to 7 p.m. Tuesdays through March 27.

- **Where:** Mifflin County High School auditorium
- **More information:** : Call the Juniata Valley Chamber of Commerce at 248-6713 or visit visitingmifflincounty.com.



Abby Rike
Kick off guest speaker

"Weight isn't the only measure of success," he said.

Tunall said perhaps one

of the most significant aspects of the Meltdown is helping people to understand why they eat, and what

they can do about it.

"What triggers (their) desire?" to eat unhealthy foods, he said.

Julie Fisher, Meltdown committee member and registered dietician at Lewistown Hospital, said she hopes Rike's story at the kickoff meeting will help inspire people.

"I think she brings a message of hope," she said.

Pat Wolf, Meltdown committee member and certified diabetes educator at Lewistown Hospital, said Rike's personal journey spotlights the good that can come out of a bad situation.

In her line of work, she sees many people who use food to soothe themselves, or as a coping method. She hopes Meltdown participants can relate to Rike's story and, in turn, learn other ways to cope with negative feelings or emotions, other than eating, Wolf said.

Although the Meltdown is in its third year, this year's

event brings some notable differences, such as the location of the meetings, Tunall said.

This year's meetings will be held at the new Mifflin County High School auditorium, which is "absolutely phenomenal," he said.

Another difference, Fisher said, is that there will be a personal testimony evening as one of the weekly meetings, in which participants will be able to discuss their own personal "trials and tribulations" with weight.

"People in the community

will be sharing ... their weight loss journey," Fisher said.

Also new this year, Wolf said, is that one of the meetings will feature a presentation by a chef from Raystown Resorts.

Meeting topics will include: healthy meal preparation; a presentation on blood pressure, blood sugar, body mass index and weight; a presentation by Geisinger Dietician Joyce Whitford; personal testimony evening; and making and keeping lifestyle changes.

The program itself is free, but there is a fee to attend the kickoff event. Tickets for the Feb. 21 meeting can be purchased at Corvette America, Goin' Postal, Curves, TAZ Fitness and the Juniata Valley Chamber of Commerce office in the Mifflin County Historic Courthouse. Registration can be done online at visitingmifflincounty.com, or at the kickoff meeting.

Rike's book, "Working it Out: a Journey of Love, Loss and Hope," will be available for purchase at the Feb. 21 meeting, and Rike will be available to sign books. Her book was released in May 2011.

For more information call the chamber at 248-6713 or visit visitingmifflincounty.com.

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