

## Loser

From A3

hold the contest, patterned off the NBC reality show “The Biggest Loser,” to keep members motivated to lose weight and get fit, she said.

“We didn’t want them to taper off after a few months,” Reeves said.

All participants receive a free lesson with a personal trainer to receive advice on an exercise program and some encouragement.

Andrea Vanaman, fitness director for the center, said 61 people signed up for the competition by Wednesday morning. They range in age from 15 to their 70s.

Vanaman said the contest’s friendly, competitive nature may give participants the push they need to keep going.

“A lot of people need

### HOW TO PARTICIPATE

■ The Holly City Family Center will waive its \$60 joiner fee if two memberships are purchased at the same time in January. The center provides a variety of memberships at different prices.

■ For more information, visit the center at 8 E. Mulberry St. or call (856) 293-0609.

that motivational push,” she said. “We want everyone to become healthier.”

Alfred Ripa has been a member of the center for three years and thinks the competition will help him maintain his dedication to working out. The Millville resident said he already lost 6 pounds in the first week.

“I like competition,” Ripa said. “One member keeps saying she’s going to beat me. She says I’m her motivation.”



Staff photo/Cody Glenn

**Sisters Marybeth (left) and Patti Franckle** of Port Elizabeth work out on rowing machines at the Holly City Family Center in Millville, which is sponsoring a “Biggest Loser” competition.