

## RMC TEAM WINS FIRST PLACE FOR ‘SHAPING UP’

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### FOR IMMEDIATE RELEASE

BILLINGS – A Rocky Mountain College team, called Bear Necessities, won first place in the Activity Professional Division of Shape Up Montana.

The team was treated to a luncheon and presented awards and gifts May 17 at Transwestern III.

“We not only won first place, but, more importantly, we’re winning good health,” said Margia Pretlow, RMC admission counselor for graduate programs who was Bear Necessities team captain.

Pretlow said her team was diligent in adhering to a healthy diet, exercise and living.

Team members included Marlene Arney, Karen Beiser, Fran Bergum, Kristi Foster, Deb Hayter, Greg Kohn, Sara Loch, Gail Nutting, and Claire Oakley.

Shape Up Montana is a program of Montana Big Sky State Games.

There were a total of 676 teams in six divisions, from family to professional, with 5,084 participants. Shape Up Montana issued a statement that participants walked 1,099,935 miles over the course of the program, which was the equivalent of “44.1 times around the world.” Team who entered the weight loss competition lost an average of 10.9 lbs. per person.

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