

# **KEISER** **UNIVERSITY**

## **News Release--Immediate Release**

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## **College Student Loses 104 Pounds, Inspires Campus Community**

Jacksonville, Florida—February 26, 2008— In today's society, one of the most noteworthy yet discouraging trends in education is student obesity. In an effort to counteract the effects of a sedentary career, John Downs, a full time instructor at the Jacksonville campus of Keiser University, focuses a class on the health hazards of working in a computer-related field. His computer graphics and design students have the opportunity to hear first hand what might work for them.

"My teacher showed us a film titled, 'Body for Life Challenge,' and from that day forward," said computer graphics student, Bill Jones, "I had made a decision to make a change not only career-wise, but also health-wise." On the first day of class, Jones weighed 356 pounds and suffered from high blood pressure. To date he has lost 104 pounds!

The Jacksonville nursing students share in a healthy challenge, in their case mirroring the popular television show, Biggest Loser. Participating students donate \$5 each week —and for those that gain weight, \$1 extra—in the hopes of winning the pot by losing the most weight over the length of their program.

"The best part about our challenge is that as nursing students we know the importance of losing weight naturally through proper diet and exercise," said Christy Foster-Stoltz. "No diet pills or other short cuts allowed," she added.

Foster-Stoltz admits she has an advantage. She gave birth on January 13 to a healthy baby girl and returned to class just two days later on January 15.

"Staff members are walking during their lunch hours," said Campus President Karen Scolforo, "and the entire campus seems to be taking a healthy and competitive approach to day to day activities."

Students have asked that their next "Appreciation Day" involve veggies and sandwiches instead of high fat, high calorie pizza and wings.

Keiser University, Florida's leading private, statewide provider of career-focused, post-secondary education is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools. Keiser University serves more approximately 13,000 students at its 13 campuses throughout the State of Florida and through the online division.

Keiser University offers master's, bachelor's and associate degrees in high demand career fields meeting workforce and economic development needs in the communities we serve. In 2006, Keiser University was the nationwide leader in production of Associate of Science graduates in Health Professions and Related Sciences (Community College Week Analysis of US Department of Education Data Released July 8, 2007).

For more information on Keiser University, visit [www.keiseruniversity.edu](http://www.keiseruniversity.edu).

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