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FOR IMMEDIATE RELEASE

**UTAH WINTER GAMES WINTERFIT COMPETITION
WRAPS INAUGURAL SEASON**

Park City, UT (March 20, 2007) -- The average American gains four pounds during the winter. The average Utah Winter Games WinterFit participant lost four pounds, and that makes everybody happy.

WinterFit has just wrapped up its inaugural season as practically summer-like temperatures sweep the state, and participants and organizers are declaring the program a success.

The purpose of WinterFit is to encourage people to get off the couch and do something active in the winter. It doesn't much matter what they do, but when snow falls regularly for five months of the year in Utah it's important for everyone's health and fitness to do something.

WinterFit is based on a summer model developed in Iowa, and in only five years, the Iowa program has mushroomed to 33-thousand participants. Utah Winter Games

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Executive Director Heidi Hughes expects similar growth for WinterFit. It's the first statewide winter fitness program in the nation, just as the Utah Winter Games are the oldest and largest state winter games in the nation.

Nearly 280 people finished the entire winter season. The 70 people in the Weight Loss category dropped a little over four pounds piece for a grand total of 299 pounds. It appears the largest single weight loss was 50 pounds for a very happy woman named Mary Anne, one of whose friends exclaimed for the record, "Gosh, she really looks terrific!" That's enough of a prize right there.

A total of 207 people joined the Minutes of Activity competition and they averaged individually over 57 hours of total physical activity in the three-and-a-half months of the program. Collectively, that means they exercised a whopping 12-thousand hours. All types of exercise counted toward the totals from obvious winter sports such as skiing or snowshoeing to such things as going to the gym to use a treadmill or even shoveling the driveway.

In the team competitions, Twice As Nice pulled out a last minute victory in the weight loss division, while the Ski Utah Powder Pigs took a very tight competition in the Minutes of Activity category. Yes, even Ski Utah needed to get outdoors more in the winter. They point out that it's the busy season for them, and they spend most of their time sitting at their desks just like everyone else.

Virtually all of the participants say they'll be back next year as seasoned veterans, but they'll have their work cut out for them since the entire WinterFit program will be significantly larger than in this first season.

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The Utah Winter Games are the oldest and biggest amateur winter sports event in the country. They continue the legacy of 2002 in Utah by making it possible for large numbers of people of all skill levels to have a wonderful time with winter sports.

In the 2005-2006 20th anniversary season, more than three thousand people took part in 20 competitions in 15 sports and 32 instructional clinics. With the help of principal sponsor KSL, this coming season's Games will be significantly larger with more sports at more venues for more people.

The Utah Winter Games: All Ages, All Abilities, Always Fun.

For more information on WinterFit and the Utah Winter Games, please contact Christa Graff at 435-640-7921 or christa@graffpr.com or visit the Utah Winter Games web site at www.utahwintergames.org.

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