



# Kevin Humphries MP

## Minister for Mental Health

## Minister for Healthy Lifestyles

## Minister for Western NSW

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## MEDIA RELEASE

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### **ABORIGINAL KNOCKOUT PARTICIPANTS LOSE A TONNE OF WEIGHT**

Participants in an innovative Aboriginal weight loss challenge that sees 22 teams across NSW go head to head to lose the most combined weight have lost more than one tonne of weight, Minister for Healthy Lifestyles Kevin Humphries announced today.

Mr Humphries said that after 16 weeks of running, boxing, pilates and circuit training in communities across NSW, the 580 participants who took part in this year's NSW Knockout Health Challenge have collectively lost over 1100 kilograms.

"With an incredible total weight loss percentage of ten per cent and a collective weight loss of 227 kilograms, the Menindee Fat Yabs have taken out the Knockout Health Challenge for the second year in a row," Mr Humphries said.

"I also congratulate the Warra-Li team from Moree, who came second with a total weight loss of 110 kilograms, and the Menindee Fantastic Wedgies who came third after losing 83 kilograms.

"However, the Knockout Challenge is about far more than losing weight; by linking Aboriginal culture with an individual's participation in their own weight loss, the Challenge is also about building healthy families and communities.

"Importantly, not only have this year's participants increased their exercise levels and developed healthier eating habits, they have reduced their risk of developing a range of chronic diseases such as heart disease, stroke and diabetes."

Teams were mentored throughout the Challenge by a range of NRL ambassadors including Nathan Merritt, George Rose, Timana Tahu, Brad Tighe and Andrew Fifita.

NSW Origin star Andrew Fifita said the key to success with his mentees was to make training enjoyable.

"I recommended making as much of the exercises as fun as possible. The mind can do terrible things to you but if you are having fun exercising then it is easier to overcome those barriers," Mr Fifita said.

Get Healthy, a NSW free confidential health coaching telephone service, has helped support participants to set goals, maintain motivation, and provided information and advice on physical activity and healthy eating.

You can join Get Healthy by calling 1300 806 258 or visiting [www.gethealthynsw.com.au](http://www.gethealthynsw.com.au) for more information.