

Healthy start for Rotarian's bulge battle

ROTARIANS will face public weigh-ins as part of their challenge to beat the bulge.

Margaret River and Busselton Geographic Bay Rotary Clubs have joined the Rotary Waist Disposal Challenge, part of a research project to encourage weight loss to prevent type two diabetes and other lifestyle diseases.

Busselton Geographic Bay co-ordinator Henry Hooft said 14 men had already signed up for the program and he hoped more would get involved as it progressed.

"All of them were fairly keen although there were a couple who were more reluctant because I think they knew they had a lot to lose," he said.

The health intervention program has three levels including educational presentations delivered at Rotary meetings, monthly monitoring of Body Mass Indexes (BMIs) and a lifestyle counselling service offered to those with a BMI of 25 and over.

Edith Cowan University, which will assess the challenge results, will present a trophy to the club that achieved the greatest reduction in the average BMI of its members over a year.

"Diabetes is something that needs to be looked at," Mr Hooft said. "Our club has people who need to be aware of the problem, especially if they are overweight. It is important we work together on this."

If successful, the project may be extended to the other Rotary Districts in WA.



Lindsay Reynolds, Lawrie Walter, Ben Brighnam and Malcolm Gray hold in their stomachs until they complete the Rotary Waist Challenge. PICTURE: CLARE ALLEN