



Office of Marketing and Communications

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FOR IMMEDIATE RELEASE

Morehouse School Of Medicine Challenges Women to Shrink Their Waists in 12 Weeks to Improve Their Health

Dr. Valerie Montgomery Rice Says “It’s Not Your Weight, It’s Your Waist”

March 6, 2014 - ATLANTA – Incoming Morehouse School of Medicine president Dr. Valerie Montgomery Rice is challenging the women of Atlanta to lose the most inches in their waists in 12 weeks with the “It’s Not Your Weight, It’s Your Waist,” fitness challenge.

“The focus of this challenge is losing inches from your entire body; however, fat stored around your mid-section or waist can put you at risk for high blood pressure, high blood cholesterol, type-2 diabetes, heart disease and stroke,” said Dr. Valerie Montgomery Rice. “This challenge is designed to improve your overall health and create a healthier, happier you!”

Dr. Valerie Montgomery Rice invites the women of Atlanta to join the more than 200 women that have already accepted this challenge to:

1. Be active at least 150 minutes each week
2. Eat healthy, nutritious foods
3. Be accountable to yourself and your team mates by tracking your activities in Live Healthy MSM at least once a week

To help them during the challenge, participants will receive:

- Access to an online account to track your exercise and nutrition
- Weekly newsletter with healthy tips and a weekly workout
- Weekly conference calls with a fitness coach
- Monthly group fitness opportunities
- Prizes along the way to keep you motivated

Participants who lose at least 15 inches will become a member of the prestigious *15 Inch Club* and be eligible for a grand prize to be announced in September at the inauguration of Dr. Valerie Montgomery Rice.

Participants are also encouraged to pledge to donate funds to the Morehouse School of Medicine’s student scholarship fund for every inch they lose. For every inch a participant loses, a student can gain an education. However, the suggested donation is not required to be eligible for the grand prize.

Interested participants have until Saturday, March 15 to register [here](#) and also get measured. To view the measurement schedule, please click [here](#). For more information about joining the challenge please contact Candace Staniel at 404-756-5238 or fitnesschallenge@msm.edu.

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About Morehouse School of Medicine (MSM)

Founded in 1975, MSM is among the nation's leading educators of primary care physicians and was recently recognized as the top institution among U.S. medical schools for our social mission. Our faculty and alumni are noted for excellence in teaching, research and public policy, as well as exceptional patient care.

Morehouse School of Medicine is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools to award doctorate and master's degrees.

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