

By EARL WATT

- Dialy Leader

While several sought to be a part of karate instructor and work-out expert Dave Rine's Healthy Weight Challenge, only eight were accepted into the program.

The first two selected for the program were 16-year-old Austin Applebee and his father, the first father-son duo to attempt the Healthy Weight Challenge.

"Latley, me and my dad haven't been too close as the years have gone by," Austin wrote. "I think that by doing this it would help bring me and him closer together again and strengthen our relationship."

Austin also believes this would be beneficial for their health.

"My dad is only 40 years old, and he needs to do this in the interest of his health," Austin said. "I want to do this not just for better health but more self-esteem."

Mike Brack will also be joining the challenge.

"All my life I have been the 'big' kid," Mike said. "Thank goodness I am tall, but after my BMI was figured last I needed to lose over 150 pounds."

The fourth contestant will be Jared Wagenseller.

"He is a detective on the sheriff's force," Rine said. "He asked us, 'Help me, don't kill me.'"

Robin Lawder will be joining the Challenge.

"I have tried to lose my wieght on my own, and that's what it was, on my own," Robin said. "I would get down and not have anyone telling me to quit complaining and keep working at it."

Tammy Riley is also one of the eight that has been accepted into the Challenge.

"Ever since my last child was born, I've been saying, 'Now that I;m done having kids, I can get back in shape.' I embarassed to say my baby just turned 21 years old," Tammy said.

Jamie Ramirez will be the seventh person participating in the Challenge.

Jamie has been overweight most of her life, and although she has tried diets, the weight always seems to come back

"I would really appreciate an opporutnity to articiapte in the Challenge to show everybody, but most importantly myself, that I can do it," she said. "Also, so that I can be healthy and for once play with my kids."

Roudnign out the field of eight will be Bonny Ellis, a 51-year-old grandmother of 12.

Bonny used to run six miles a day in the '80s.

Contestants selected for Rine's Healthy Weight Challenge

Saturday, 30 January 2010 07:43

"I have recently quit smoking and would like to continue working on becoming more healthy," Bonny said. "I have heard the program is tough, but I am willing to commit myself to it. I need for it to be tough. I am tired of feeling weak and even more tired of being overweight."

Rine said the group is expected to show up at Rine's Karate at 6 p.m. Monday for weigh-in, to set personal goals, and to begin working out.

Those who were not selected can participate at half price.