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CONTACT: Stephanie Zinn
231-924-1602

**GERBER MEMORIAL HEALTH SERVICES (GMHS) AND
TAMARAC, THE CENTER FOR HEALTH AND WELL-BEING,
NAME BOB SPRINGSTEAD “CITIZEN OF THE YEAR”**

Fremont, Michigan... In a year of great success stories at GMHS’ Tamarac, The Center for Health and Well-Being, none compare to Bob Springstead’s: a story of courage, determination and perseverance that resulted in an amazing loss of over 160 pounds in just 12 months. Bob, a prominent lawyer in Fremont, Michigan, credits a remarkable life change to concentrating on the basics of healthy eating and exercise, and the support and encouragement of his Physical and Nutritional Training “Guides” at Tamarac. Not only did he lose the weight, but has already competed in a 5K, been taken off medication for high blood pressure and high cholesterol, and has put his Sleep Apnea machine to bed!

Tamarac, The Center for Health and Well-Being, is the GMHS Medical Wellness and Physical Rehabilitation facility envisioned as a destination for anyone who wants to live a healthy life. Opening in December of 2007, Tamarac provides

- Physical, Occupational and Speech Therapy (named “Move”)
- Fitness Center (“Sparx”) with comprehensive cardio machine availability, free weights, spinning classroom (“Psytle”) and classroom (“Sway”) for Zumba dancing and other aerobic and strength-training workouts
- Warm water therapy pool (“Splash”) for water aerobic classes and special programs for individuals with arthritis
- A Day Spa (*Ahhh*, The Spa at Tamarac) which offers massages, facials, pedicures and cosmetic laser services
- The Tree House, a child watch area for the children of Tamarac “Citizens” (Members)
- Educational area (“Possibilities”) with special Teaching Kitchen
- Two Worlds Café for healthy foods and great cappuccino.

This was the environment Bob entered as his weight approached 400 pounds in the autumn of 2007. He was considering bypass surgery and decided to join Tamarac first, as part of an insurance requirement of having a supervised diet and exercise plan for one year before surgery. Bob was convinced that he did not have the time, commitment, will power or ability to lose the weight without having the surgery.

He began working out at Tamarac in December and lost 20 pounds before joining the *Peak 12-Week Wellness Program* in January of 2008. The Peak Program – a 12-week routine of diet and exercise - was, as he said recently, “...the first step in my transformation”. During his pre-Peak health assessment he set a goal of losing 156 pounds by January 1, 2009. Although in

December, 2007, Bob was unsure the program could do anything for him he couldn't do on his own. With encouragement and support from his family, he decided to join *Peak*.

His decision proved to be a good one. "Since I started *Peak* at the end of January, I had lost over 100 pounds by the summer and couldn't believe how good I felt. I slept better, had more patience, less stress, and so much more energy for family activities," he stated at the time.

With the information Bob received through *Peak*, he learned that diet alone would not have a big impact on weight loss, nor would exercise alone. "For me," he said, "the best way to lose weight was the combination of controlling the number of calories that I consumed daily and burning as many calories as possible each day. *Peak* brought these concepts together and helped me set goals and attain them, showing me that I have the power to change my life."

For Bob, nutritional changes and healthy eating habits were keys to success as well as increased activity and maintaining a food and exercise journal. He now enjoys 90-minute workouts six days a week. During this time Bob likes to take Spinning classes where the time passes quickly and he burns tons of calories. Recently he has added 10-mile runs and is excited to continue his training with hopes of completing a 10K or half marathon in the near future.

Bob credits the support he has received from family, friends, fellow Tamarac Citizens and fitness staff for his success. He hopes to be an inspiration to others considering a new, healthier lifestyle and adds, "During my journey I have learned that you have to believe you can

accomplish anything you set out to do. One big barrier to success is allowing yourself the option or acknowledging the possibility you will fail. Once you take away the crutches, excuses, and forgive yourself for past failures, you will succeed.”

At Tamarac’s One-Year Birthday Bash, December 17, 2008, Bob’s inspirational story and accomplishments made for his recognition as Tamarac Citizen of the Year. The day before the party, Bob reached his goal weight. He has gone from size 60 suits to size 46, 58-inch pant waist to 38- inches, and size 4XL shirts to XL. Bob is now committed to a maintenance program that will keep him running, smiling and enjoying his new life.

Gerber Memorial Health Services is a 77-bed, acute care hospital and health care organization which serves the entire community of Newaygo County. Recognized as one of the 101 Best and Brightest Companies to Work for in West Michigan, and the Outstanding National Rural Healthcare Organization of 2008, GMHS also received the 2007 Governor’s Award for Excellence for improving the quality of care and patient safety in the hospital setting, HealthGrades recognition for Outstanding Patient Satisfaction, and HealthGrades 5 Star Awards for Total Hip Replacement and Pulmonary Care. Services include a 24-hour Emergency Department, Women’s Health Center, Cancer Center, modern Surgical Suites and accompanying ICU Unit, Birth Center, Tamarac – The Center for Health and Well-Being, New Focus, The Center for Mental Health and Continu-Care Home Health Services. Gerber Memorial Hospital is located in Fremont, Michigan, 45 miles NW of Grand Rapids.

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