



Contact: William Wille, (800) 942-7124, ext. 3216

For Immediate Release

**Hosting of “Biggest Loser” contest, other activities
highlight Illinois League’s attention to healthier lifestyles**

Naperville, IL., August 11, 2008 – The Illinois Credit Union League (ICUL) has been taking several proactive steps this year to promote healthy lifestyles for its staff.

For starters, ICUL just concluded its first-ever “Biggest Loser” competition, taking its cue from the popular television show. The 12-week individual competition ended on July 21 with twenty participants collectively losing 216.4 pounds. ICUL already has plans to host a second competition, this time in a team format, and hopes that many more staff will participate.

In terms of health education, the League in January for the first time brought in a local health services company to offer wellness screenings to employees. The screenings included a blood pressure test, measuring body mass index, and drawing a blood sample to check cholesterol, diabetes and other health concerns, as well as a Health Power Profile Health Risk Appraisal, where participants answered a number of dietary and lifestyle questions and then were given a report about their potential health risks. Nearly 80 ICUL and ICUL Service Corp employees participated. Other on-going related activities include offering flu shots every fall and blood drives twice a year that draw an average of 20 people each time.

At its in-house staff social functions, ICUL has also been incorporating healthier food choices, including holding a “salad contest.” In addition, it added an “ICU Well” page on its intranet, which includes nutrition and fitness web site references, healthy recipes, and other health-related information.

Lastly, while there has not been an intentional effort made, ICUL has also learned that about a half-dozen staff independently have quit smoking since the beginning of 2008.

All of these activities have been an effort to provide opportunities for staff members to gain knowledge about healthier lifestyles and changes they can make as they desire.

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“We even quit putting out the candy dish at our reception area,” said Dan Plauda, ICUL president/chief executive officer. “Now I can’t say that was one of our more popular ideas, but it does underscore our commitment to promoting healthier lifestyles.”

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Note: The Illinois Credit Union League (ICUL) is the primary trade association for credit unions in Illinois, which provides members with information, legislation and education. Membership is open to any credit union operating in accordance with the Illinois Credit Union Act or the Federal Credit Union Act. There are 430 credit unions in Illinois with more than 2.7 million members.