

LAPRA 2016 Fitness Challenge Muscles Up and Powers On!

The beautifully renovated Police Academy grounds at Elysian Park was the perfect setting for the ninth annual Los Angeles Police Relief Association (LAPRA) Fitness Challenge awards ceremony held October 25 under bright, sunny skies. The event was attended by nearly 500 hundred fitness challenge participants, family members, friends and fans, including Chief of Police Charlie Beck, and LAPRA Board members Kevin McCarthy, Jules Sohn, Ruby Flores and Dana Berns. “There’s nothing better we can do for our community than take care of ourselves mentally and physically,” Chief Beck said. “Thank you to LAPRA for making a positive difference in the lives of LAPD employees, and congratulations to the 1,666 sworn and civilian employees who participated in this year’s Fitness Challenge. I encourage each one of you to continue to make your health and wellness a priority.”



Los Angeles Police Chief Charlie Beck commended Fitness Challenge participants for taking care of themselves while serving their community.

In her welcoming remarks, Board Member and Captain Ruby Flores congratulated the 69 teams that competed in the event, for their commitment, perseverance and success. “This year’s results are more impressive than ever,” Captain Flores said. “Each year it’s inspiring to see the enthusiasm all of you have for getting in shape, not to mention the competitive spirit brought by such a program.”

The total weight loss of all participants for 2016 was 15,837 pounds, which is equivalent to 5% of the total starting weight, and the weight of a flatbed truck! Thirty-five (58%) of the competing teams lost 5% or more of their total body



LAPRA Board Member Captain Ruby Flores congratulated the 69 teams that competed in this year’s Fitness Challenge.

weight; 29 individuals (2%) lost 20% or more of their total body weight; and 151 individuals (9%) lost 10% to 20% of their total body weight.

Representatives from Anthem Blue Cross and Kaiser Permanente were on site to provide participants with health plan information. Raffle tickets were distributed for a variety of prizes, including a bicycle and gift cards to Target, Home Depot, Amazon, Best Buy and other great stores. A fresh and healthy lunch was served by El Pollo Loco.

Since 2008, more than 11,709 LAPD sworn and civilian employees have participated in the competition, losing approximately 57.6 tons. During the 90 days, team members are challenged to improve their health by eating nutritiously and exercising regularly. Friendships are formed, physical endurance is tested and camaraderie takes on new meaning as teams work toward the ultimate goal of enhanced health. The LAPRA 90-day Fitness Challenge is open to all LAPD sworn and civilian employees each year at no cost. ■

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Grand Prize Winners, SOD Team 1, Reaches new Heights!



With a cumulative weight loss of 14.10%, the SOD Team 1 earned \$10,000 for their station fund.

There's laughter a-plenty and no shortage of team spirit when in the company of the Special Operations Division (SOD) team. This group could move mountains, and that's practically what they did as grand prize winners of this year's LAPRA Fitness Challenge. With a cumulative loss of 14.10%, they reached new heights and earned \$10,000 for their station fund.

They prepared. They stretched. They climbed. They conquered. Two veteran team members, John Wong and Mark Archuleta, credit the Fitness Challenge and support of other team members for inspiring them to climb Mount Whitney this past summer. No small accomplishment, Mount Whitney is the highest summit in the "lower 48" United States, with an elevation of 14,505 feet. Statistics suggest that seven out of ten hikers who attempt to reach the peak give up for some reason or another. But Wong and Archuleta kept on climbing. In 19 hours, in lighter air and colder temperatures, they reached the summit.

"Training, perseverance and mental determination paid off, Archuleta explained, "and lessons learned from years of Fitness Challenge participation had everything to do with it." For Wong, the peak was yet another milestone. The man who in 2012 credited the Fitness Challenge for "getting him out of his Lay-Z-Boy" now says the event has helped him achieve even "higher" goals. This year, Wong celebrated his 55th birthday and will retire from the LAPD after 33 years of service. He says through his career and Fitness Challenge participation, his life has reached new heights and the views have been spectacular. There's nothing like going out on top.

The SOD team has bragging rights. Aside from Wong and Archuleta, Chris Dutton, another team

member, was first prize winner in the individual competition, with a cumulative percent loss of 25.38%. Dutton says it was an attempt to wear an old uniform that made him realize where his weight was and where it needed to be. His new weight, post Fitness Challenge, is like turning the clock back ten years.

For his efforts and success, Dutton received the first prize check for \$5,000. SOD team co-captains Hugo Gutierrez, Adrian Sanabria and Monica Cross have clearly found the formula for success. Keeping everyone engaged and motivated, and a heavy dose of camaraderie, helped the team push harder. "At the end of the day, the goal is to inspire life-long fitness and promote sound eating habits to last a lifetime," Gutierrez said. ■



LAPRA 2016 FITNESS CHALLENGE TOP SIX TEAMS

Team	Prize	Award	Cumulative Percentage Lost
Special Operations Division (SOD), Team 1	Grand Prize	\$10,000	14.10%
Audit Division	1st Prize	\$7,500	12.76%
Recruitment & Employment Division (RED)	2nd Prize	\$5,500	11.47%
Rampart Area	3rd Prize	\$3,500	10.57%
Hollenbeck Division, Team 1	4th Prize	\$2,500	10.27%
South Traffic Division, Team 1	5th Prize	\$1,500	9.96%



Grand Prize:
Special Operations Division, Team 1



First Prize:
Audit Division



Second Prize:
Recruitment & Employment Division (RED)



Third Prize:
Rampart Area



Fourth Prize:
Hollenbeck Division, Team 1

Fifth prize winner, South Traffic Division Team 1, not pictured.

Carlos Silva: Food for Thought

With the goal of recovering sooner from shoulder surgery, Carlos Silva started his weight loss journey through Rancho Cucamonga Medical Center several weeks before the Fitness Challenge began. He learned about healthy foods, portion control, the timing of meals and the benefits of exercise. It was food for thought and time for action. He realized he would have to give up unhealthy habits to achieve his weight loss goals, including some food behaviors he was taught as a child. “While growing up, I was taught to eat everything on my plate so nothing would be wasted,” he said. “As a father, my lesson to my children is now a little different. My wife and I encourage our children to choose the right foods in the right portions, and to balance food with exercise.”

With children at home watchfully measuring his progress, Silva was



Second prize winner Carlos Silva

motivated to eat more vegetables, leaner meats and less bread and rice. Zumba became the workout of choice, and his persistence paid off. With a cumulative percent loss

of 23.53%, he was the second prize winner and received a check for \$4,000. To celebrate, he and his family are planning a cruise to the Mexican Riviera. ■

Francine Briscoe: Determined to Succeed

Francine Briscoe has character traits that would propel any accomplished athlete across a finish line. She has enthusiasm, positive energy, determination and grit. A team member of the Audit Division, she earned third place in this year’s individual competition with a cumulative percent loss of 22.83%. “I’ve competed in past Fitness Challenges,” Briscoe said, “but this year something clicked. This year, I did it for real, giving it all I had.”

By eliminating white flour and white sugar from her diet starting on day one, she lost 14 pounds

within a week. Seeing and feeling the results made healthy foods like chicken, fish, fruit and egg whites more satisfying. She says weekly walks with her Audit Division teammates, lots of positive reinforcement, and just the right amount of push from Commanding Officer Jeffrey Phillips and team co-captains Sam Gong and Cynthia Morales factored into her success. With the \$3,000 prize money, Briscoe took a cruise with her sister. “I swam every day and knew just what foods to choose from the buffet line,” she says. “And I returned from the cruise five pounds lighter!” ■



Third prize winner Francine Briscoe

LAPRA 2016 FITNESS CHALLENGE TOP FIVE INDIVIDUALS

Individual	Prize	Award	Percentage Lost
Chris Dutton	1st Prize	\$5,000	25.38%
Carlos Silva	2nd Prize	\$4,000	23.53%
Francine Briscoe	3rd Prize	\$3,000	22.83%
Mark Lormans	4th Prize	\$2,000	22.67%
Samantha Townsend	5th Prize	\$1,000	22.65%

Sergio Ortiz: Weighing in Years Later

Several years ago, Sergio Ortiz was not happy with the extra weight he was carrying. He joined the Fitness Challenge. With the encouragement of his Training Division teammates, and a commitment to diet and exercise, he shed nearly 40 pounds. Catching up with Ortiz at this year's Fitness Challenge was an opportunity for benchmarking, and the news is encouraging.

"The Fitness Challenge put me on a healthy track several years ago and I've managed to stay there," Ortiz

said. "I've maintained my weight by eating right and working out on the treadmill, rowing machine or stair master five times a week. LAPRA provides us with a free gym membership, which I love and use religiously." Ortiz says balance is essential to maintaining one's weight. "I don't deny myself tasty foods on occasion," he says. "I just keep the portions small and try not to be too rigid. A little carne asada taco may be just what the spirit needs now and then." ■



Fitness Challenge participant Sergio Ortiz



Healthy Lives Reminders

LAPRA offers a wellness program through Healthy Lifestyles to anyone, including dependents 18 years or older, who is enrolled in a LAPRA medical plan. This includes access to a health coach, weight management program and free gym membership at more than 9,000 fitness centers. For information, go to www.lapra.org/healthylifestyles.

Annual physicals for adults and children are covered at 100% by any LAPRA medical plan. Deductibles and co-payments do not apply. Visit www.anthem.com or www.kp.org if you have questions. Your plan's website also offers healthy food tips, recipes and tools to help you stay well.

Team Special Recognition

2016 LAPRA Fitness Challenge Team Special Recognition (Cumulative Percentage Weight Loss of 5% and Above)

Team	Award	Cumulative Percentage Lost
Special Operations Division (SOD) "Team 2"	\$500	9.64%
Information Technology Bureau (ITB) "Team 1"	\$500	9.63%
Gang And Narcotics Division (GND)	\$500	8.62%
South Traffic Division "Team 2"	\$500	8.41%
Northeast Division	\$500	8.13%
77th Street Division "Team A"	\$500	7.90%
West Valley Station Fund	\$500	7.48%
FTSB	\$500	7.29%
Risk Management Legal Affairs Division	\$500	6.70%
Property Division	\$500	6.46%
Newton Division "Team 2"	\$500	6.33%
West Traffic Division (WTD) "Team 1"	\$500	6.21%
Juvenile Division	\$500	6.00%
Central Division "Team 2"	\$500	5.83%
Operations South Bureau Division "Team 1"	\$500	5.76%
Harbor Area Division	\$500	5.74%
Force Investigation Division (FID)	\$500	5.74%
Training Division "DAVIS"	\$500	5.59%
Training Division "ARTC"	\$500	5.48%
Hollywood Division "Team 2"	\$500	5.45%
77th Street Division ">2 LUV"	\$500	5.41%
IAG 304 Station Fund "Team B"	\$500	5.39%
Hollywood Division "Team 1"	\$500	5.37%
Olympic Division "Team 2"	\$500	5.35%
Central Traffic Division (CTD) "Team 1"	\$500	5.22%
Emergency Operations Division (EOD)	\$500	5.18%
Newton Division "Team 1"	\$500	5.11%
Hollenbeck Division "Team 2"	\$500	5.06%
Real-Time Analysis & Critical Response Division (RACR) "Team 2"	\$500	5.00%



Carol Charney: First Time Charm

For first-time participant Carol Charney from the Audit Division, the Fitness Challenge has been a life changer. Through diet, exercise and perseverance, Charney earned a \$500 cash prize for a cumulative loss of 20.24%. A cancer survivor, she says she loves her new waistline and looks twice, approvingly, every time she passes a mirror. “I’ve never

felt better,” she says. “I now shop more selectively for nutritional foods, and rely on Google to help me count calories.” Teammates from the Audit Division kept her motivated. To celebrate her success, she and her daughter are looking forward to an Italian meal with all the trimmings at Bestia, a Los Angeles restaurant. ■



Fitness Challenge participant Carol Charney

Individual Special Recognition

2016 LAPRA Fitness Challenge Individual Special Recognition (Cumulative Percentage Weight Loss of 20% and Above)

Name	Award	Percentage Lost
Ruben Diaz	\$500	22.35%
Phillip Chan	\$500	21.82%
Miguel Lopez	\$500	21.43%
Ben Yi	\$500	21.34%
Pat Olivier	\$500	21.17%
Ralph Acosta	\$500	20.94%
Robert Hernandez	\$500	20.85%
Tate Lai	\$500	20.81%
Hugo Gutierrez	\$500	20.48%
John Wong	\$500	20.41%
Carol Charney	\$500	20.24%
Cynthia Morales	\$500	20.17%
Mark Sauvao	\$500	20.13%
Christopher Tan	\$500	20.00%
Trenita Wilson	\$500	20.00%
Benson Min	\$500	20.00%
Angel Sandoval	\$500	20.00%
Rudy Barragan	\$500	20.00%
Mynerva Gramillo	\$500	20.00%
Jake Choi	\$500	20.00%





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**See inside for 2016
 LAPRA Fitness
 Challenge Winners!**

The GUARDIAN is a quarterly publication for members of the Los Angeles Police Relief Association. All rights reserved. If you have an idea for a future newsletter article, send an email to guardianeditor@lapra.org. Members with specific concerns are urged to contact the appropriate Board member at the number listed below.

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**Annual Membership
 Holiday Luncheon**

The Directors and Staff of the Los Angeles Police Relief Association, Los Angeles Police Retirement Benefit & Insurance Association, Inc., and Los Angeles Police Protective League, invite you to join us for our Annual Membership Holiday Luncheon:

Date: Wednesday, December 7, 2016
Time: 11 a.m. to 3 p.m.

Location: Los Angeles Police Protective League
 1308 W. 8th Street
 Los Angeles, CA 90017

Food, fun and prizes!