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For Immediate Release

Utah Air Guard Hosts Wingman Day and NBC's Biggest Loser Film Crew

SALT LAKE CITY – As part of the Utah Air National Guard's focus on the health and wellness of Airmen and their families, the base will host a 2011 "Winter Wingman Day" March 12 featuring a motivational speaker, health fair and aircraft-pull competition. During the event, NBC's "Biggest Loser" Pound-for-Pound Challenge film crew will tape a segment from the festivities that will air on an upcoming episode.

"The purpose of Winter Wingman Day is to create a pause in the day-to-day mission of Air Guardsmen in order to reinforce the 'wingman' concept of looking out for each other, help build resilient Airmen, and focus on unit health," explained Col. Samuel Ramsay, 151st Air Refueling Wing commander.

Units throughout the Air Force will hold Winter Wingman Day events to help build a stronger, healthier and safer force. The Utah ANG's Wingman Day will host a variety of activities open only to Airmen and their families that focus on the whole-person concept.

As a precursor to the event, the Utah ANG created a local Biggest Loser Pound-for-Pound Challenge, where every pound of weight members pledge to lose, PFP will donate one pound of groceries to their local food bank. With nearly 150 PFP members, the Utah ANG has pledged to lose a combined weight of over 2,500 pounds. The Utah ANG team is the largest contributor to this charity program in Utah and ranks 21st nationally. As a result of the P2P pledge, 2,500 pounds of groceries will go directly to the Utah Food Bank.

"In addition to the Wingman Day activities, NBC's Biggest Loser Pound-for-Pound Challenge film crew will interview some of our Airmen with weight-loss stories, as well as record footage of our health fair," added Lt. Col. Lisa Olsen, Winter Wingman Day coordinator. "This is a great opportunity to showcase how dedicated our Utah Airmen are to living a healthy lifestyle."

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Media members are invited to cover the Utah ANG's Winter Wingman Day event March 12 from 1 to 4 p.m. located at the Utah ANG base, 765 N. 2200 W., in Salt Lake City.

The afternoon schedule of events includes:

- 1 p.m. - Lt. Col. Rob Waldman, former fighter pilot and author of the book *Never Fly Solo* will kick off the event with a motivational address to military family members.
- 2 p.m. - A health fair will kick off that will include numerous activities, exercise demos and information booths. Counselors and evaluators will be available to assess and educate attendees on physical, mental and financial health. There will also be numerous activities for children.
- 3 p.m. - The day will conclude with a "tanker-pull" competition. Three teams, consisting of 15 people each, will compete against the clock to see which team can rope-pull a 120,000-pound KC-135 Stratotanker, a distance of 20 feet, in the least amount of time.

Please contact Maj. Krista DeAngelis at (801) 505-3213 for more information.

For more information on the Utah Air National Guard, visit www.151arw.ang.af.mil or check out the "Utah Air National Guard" group on Facebook.