Davey Crabb was named the winner of the Biggest Loser challenge at Trinity High School. He was one of 29 Trinity High School staff members who together lost a total of 213 pounds.

Biggest Loser was orchestrated by Trinity High School receptionist Michelle Mostoller, jokingly referred to as the “cruise director.” Beginning January 4, the staff members made a pact. As some had more to lose than others, the individual who lost the largest percentage of body fat before spring break would be determined as the winner. Weigh-ins were held every Wednesday in the office of Trinity High School nurse Shannon Heiney.

A school custodian, Crabb, who was named winner after the final April 7 weigh-in, said he did it for his daughter, Hannah, 8. A few times a week Crabb worked out at the Tom A. Finch YMCA in routines designed by a trainer. Also influential in

SEE WINNER/PAGE 4

Davey Crabb has a reason to smile. The Trinity High School staff member was recently named the winner of the Biggest Loser Challenge. Here, he trains with his daughter, Hannah, for an upcoming Color Run.

Submitted photo
his winning strategy was the elimination of desserts and most forms of sugar. He also incorporated more grilled items instead of fried.

"I drink water all the time," he added. "You want to avoid the heavy carbs late at night. If you eat slower you will get fuller. I just started chewing my food and taking my time." We held two healthy potluck meals," said Mostoller, who also experienced weight loss as part of the Biggest Loser. "Some are visiting the Grubb Family YMCA and others Planet Fitness for workouts. A lot of them are really taking it seriously." Mostoller was one of those faithful to work out at the YMCA after school and on weekends.

Trinity High teacher Carolina Sheffield was also highly motivated for success. She won't be Ms. Sheffield for long — her wedding is at the end of this month. Sheffield spurred her success with changes such as choosing yogurt and granola for breakfast instead of picking up a sausage and egg biscuit. "I gave up pasta — that was a big thing," she said. "I grab a banana and it tastes like banana pudding! It do bread, but it's more of the healthy grains stuff. My eating habits have definitely changed. Fail to plan, plan to fail." Sheffield said she is now more conscious of portion sizes, measuring out items before meals. "I wanted to look good for my wedding and feel better in my skin," said Sheffield.

Sheffield also feels his weight-loss journey was worth it. He won a pot of $150 and will be recognized at a staff meeting, but he feels his greatest reward is passing along healthy habits to Hannah.

"I'm actually training her to do a 5K in her school's Color Run," he said. "We did three miles over the weekend. I just wanted to be a better role model for her." Everybody loves a challenge," said Justine Carter. "Some of us wanted to change our diet. The most important impact is that it inspired our staff to make healthier lifestyle changes."

Above: The 29 participants in the Big Loser program lost a total of 213 pounds. A few gathered on the final day of their weight loss journey to show off their results. Front row, from left, are Jennie Cheng, Shannon Heiney, Justine Carter, Michelle Mostoller, Shea Grosch and Tammy Swaim. Back row, from left, are Elizabeth Nance, Jonathan Lanier, Robyn Saruse, Shannon Edwards, Mindy Thornlow and Ileana Tejada.

Far left: Pounds lighter, Davey Crabb now looks and feels better. He was one of 29 staff members at Trinity High School who took part in the Biggest Loser Challenge that began in January.

Left: Biggest Loser participants made a commitment to weekly weigh-ins in the office of Trinity High School nurse Shannon Heiney. Pictured here is Assistant Principal Shea Grosch during her final weigh-in.

Photos by Debbie Nightower