

Ladies and Gentlemen! Allow me to introduce to you Ballard Fitness Fest's 2011 winner, Brad Pease! Add up staggering 37.8lbs of weight loss, 9.5% of body fat loss and almost 30 total inches lost and you have yourselves a champion. Here is the Q&A with the Fitness Fest's Newest king;

Q. Were you shocked to find out that you won?

A. I was. You never know what is going to happen, but I was proud of the effort that I put in. After the first month of the contest, I researched last year's winner and realized that I might have a shot at the title. He set the bar and his stats gave me some extra motivation.

Q. How are you going to celebrate your victory and new found fame?

A. Lots of family photos. It's nice not to be embarrassed about all the weight that I had added since we got engaged.

Q. What was the driving force that had you join the fitness fest?

A. Definitely, my wife. She and I had our first child, Grant, back in July. She had a reason to gain weight last year, I did not. And when she began to lose her weight, I did not. Given the fact that she signed me up, I knew it was her way of letting me know that it was time to change some priorities. She is the best thing that ever happened to me and always finds unique ways of reminding me of that fact.

Q. Did you do as well as you thought you would? Better? Worse?

A. Better, actually. I didn't know that I had it in me, and I surprised myself. It's nice to know that I could change a ton of poor habits, but now that I know that I can do it, I have no excuses not to continue.

Q. What exactly did you change to make such a drastic difference and win?

A. It's a remarkably simple equation: eat healthy and exercise regularly. No fad diet or extreme fitness program required. I did work out three times a week, which meant 6 AM workouts so as not to cheat time away from Grant and Lindsay in the evenings. I also followed Lindsay's lead on what to eat and she prepared simple, healthy meals. We also used an iPhone app to track calories that helped us make informed decisions on what to eat at restaurants. But, it's not hard to know what you shouldn't eat. I was a french fry addict, and it doesn't take a rocket scientist to know that they are bad for you.

Q. Do you like the idea of the Fitness Fest?

A. Absolutely, though I was nervous about facing the body fat caliper for the first time since 8th grade. There is really no hiding from the numbers when they are sitting in front of you.

At that point, I knew I really needed to change, whether I was going to win or not was the only open question.

Q. Where are you going to spend your new fortune?

A. At EDGE Personal Training...The competition provided the initial motivation, but part way through it transitioned into a new appreciation for fitness. I'm eager to see where this journey will take me.

Q. Any advice for next year's participants?

A. Don't do it alone. My wife and I were each other's rock when we began to waver, which happened more than we would like to admit. I would have caved in week 2 it was not for some well timed tough love.

Q. You came in the grand prize winner and your wife came in third - obviously both had a mission!

A. Do you think having the two of you participating together helped motivate you? It's amazing what my wife and I can do when we set our minds to it. We wanted to live healthier and learn what we needed to do to pass on healthier habits to our son. Looking at Grant, it was easy to know that this was bigger than feeding my french fry habit.

There you have it folks, the written words of this year's undisputed champion. This year was the most difficult fitness competition to judge since I have been holding them. Throughout my 11+ years I have never had more than 5 people really competing for the top spots. This year however, we had 11, 11, people vying for 4 spots. For those of you that just missed the cut I really can't stress how well you all did. Here are the other top placers as well as the honorable mentions;

- 1st place-** Shauna Moss
- 2nd place-** Josh Juster
- 3rd place (tie)-** Rich Waddell
Lindsay Pease

Honorable Mentions (No particular order)- Peter VanLund, Mary Durkan, Paul Anderson, Matt Grover, Allison Meyers and MaryLynn Powers

Congratulations once again to everyone who participated. A BIG thank you to MyBallard for helping spread the word on the Fitness Fest, I am very grateful every year. Thank you all and I can't wait to get this up and running again for next year!

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