



Councilmember Pete Constant Donates His Fat to Charity

It's been forty days since the beginning of a new way of living for Councilmember Pete Constant. After learning about the *Donate Your Fat* program and how by losing fat you could help raise money for world hunger relief programs, Constant contacted Dan McClure, the CEO of Generations Community Wellness Center to sign up. Constant offered up his body for charities such as Second Harvest Food Bank and Church World Service during a live broadcast of a San José City Council meeting. Constant turned to his colleagues for sponsorship support and Mayor Chuck Reed responded right away to the invitation pledging \$1/pound.

“It is popular right now to encourage others to live healthier, but I am convinced that it is better to educate than legislate healthy habits. I am putting my money or at least other people's money where my mouth is. With the *Donate Your Fat* program I can both model healthy habits and raise money for world hunger relief,” explains Councilmember Constant.

One of the most unique aspects of the *Donate Your Fat* program is the motivating factor of raising money through sponsorships as you shed away the pounds. Participants are asked to wear a pedometer every day during the 40 day program and walk at least 10,000 steps a day. By monitoring goals of 10,000 steps a day or 60 minutes of walking and eating 5-9 serving of fruits and vegetables day on a 40 day chart participants can rate themselves by filling in either a red circle (no goals were met), a yellow circle (one goal was met), or by filling in a green circle on the back of their sponsorship form to celebrate meeting both goals in a day.

According to McClure, “It's been a great partnership with Councilmember Pete Constant. He helped raise awareness of our program and our charities by making his commitment public. His participation has opened doors for us. Now other City of San José employees are joining the program. The truth of just taking more steps a day and increasing your fruit and vegetable consumption works for losing fat. The truth works -- move more and eat more fruits and vegetables!”

Moving more and eating more vegetables worked for Councilmember Pete Constant. In the first forty days of donating his fat he lost 8 pounds – a healthy and reasonable weight loss according to McClure and one that has more lasting effects than a rapid weight loss.

According to Jim Colvin, the Community Outreach Director for Generations Community Wellness Center, “You’ve got to live it. Simplicity is the key.”

“The hardest part for me was getting the steps in. As Councilmembers, we spend a lot of time sitting in meetings, although I did buy a bike during the forty day program. Eating five servings of fruits and vegetables a day was not a problem, I love them,” says Councilmember Pete Constant.

As a result of losing 8 pounds of fat, Councilmember Constant has raised \$500.00 for the Generations Community Wellness Center and its partners – Second Harvest Food Bank and Church World Service. To read more about these organizations click here:

<http://donateyourfat.org/>. Due to the tremendous success of his lifestyle changes -- moving more and eating more fruits and vegetables -- Councilmember Constant will be a featured guest speaker at the upcoming *Fit for Learning Festival* on December 6th at the Barnes & Noble Bookstore on Stevens Creek Blvd. and plans to announce committing to another 40 day cycle. For more details on this event, click here:

<http://fitforlearning.org/default.asp>. If you missed that last opportunity to sponsor Councilmember Pete Constant during his first 40 days with the *Donate Your Fat* program click the link to sponsor his next 40 days of fat donation:

<http://donateyourfat.org/media/media/sponsorsheet.pdf>.

Donate Your Fat is not the only program Generations Community Wellness has developed. Other programs include *Spring Chickens* -- a nutrition and fitness program for seniors, *Healthy Hawks* – a school-based fitness and nutrition program designed to empower youth to become fitness advocates for their families and communities, and *Abuelos Sanos* or *Healthy Grandparents* and *Familias Sanas* or *Healthy Families* which are peer-based exercise and nutrition programs serving the mono-lingual Latino community. For more information on Generations Community Wellness, click here:

<http://generations-centers.org/>.