

'Biggest Loser' comes to work out, share healthy living tips

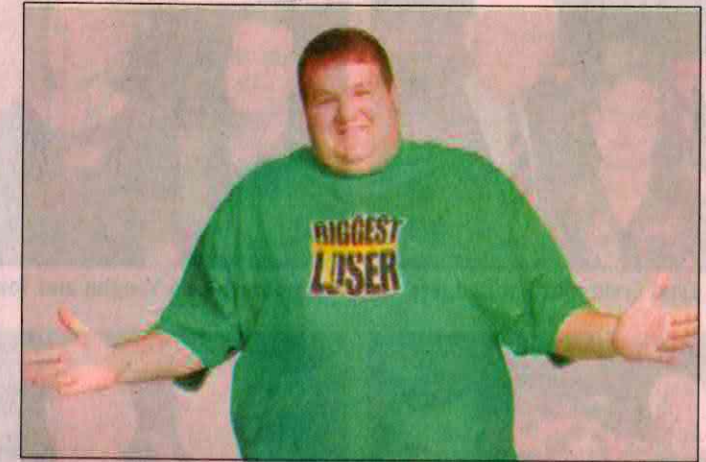
DSU alumnus Patrick House sweats green and white

BY MICHAEL SIMMONS
The Cleveland Current Editor

The Delta State University National Alumni Association is "getting fit" this week and they are promoting health and wellness with DSU grad Patrick House in a partnership with the Healthy Campus/Community Initiative.

House is a contestant on the current season of NBC's "The Biggest Loser" and is returning to his old stomping grounds tomorrow for the beginning of a three-day stint in Cleveland.

"I'm excited to make it back to Delta State," House



Patrick House, a 2005 graduate of DSU, is currently a contestant on the tenth season of NBC's "The Biggest Loser."

said. "I'm looking forward to seeing the changes they made on campus. I've also learned a lot through this

experience and wanted to come back and help out.

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"Mississippi has a knack for being last in a lot of things," he continued. "The theme of season 10 is 'Pay it Forward' and that's what I want to do."

House will begin his week at 6:30 p.m. at Hey Joe's for a live broadcast of the DSU Coach's Show. From there it's a good

night's rest before a four-hour workout session Tuesday at Wyatt Gym beginning at 8 a.m., where he will participate with faculty, staff, etc.

From noon-1 p.m., people can eat lunch with House at Young Mauldin Cafeteria. At 6:15, the second floor, east lobby, of the H.L. Nowell Student Union will be prepared to house dozens of people as House

and friends will watch the newest episode of the hit T.V. show.

Then, on Wednesday, House is encouraging the entire community to come and walk a mile at 7:15 a.m. at the DSU Fitness Trail.

"I'm excited about next week," he said on Friday. "The Delta is home to a lot of fried food. It's quick in-and-out lunches — the majority of the food is fried. I

wanted to make Delta State one of my stops when I came back home to tell everybody everything I learned when I was in California."

House couldn't reveal details of the show but he is currently working out in Vicksburg and said he's ready for the Dec. 14 live finale.

He began the show weighing 415 pounds, most of which was gained after suffering a back injury while playing football for the Statesman. He said at that point he stopped training and the weight continued to pile on.