



DJJ FORUM

Where DJJ employees gather to stay informed and celebrate our victories

Virginia Department of Juvenile Justice

April 22, 2020

Winning Wednesday

CSU 5 Continues Weight Loss Challenge On Honor System

Last year Shari Fleck, executive secretary at CSU 5–Suffolk, made a healthy lifestyle change that helped her lose more than 80 pounds. This inspired her to challenge her colleagues to see who could be “The Biggest Loser.”

Eight CSU 5 employees began the challenge on Jan. 16. At the initial weigh-in and in the weeks after that, Shari would travel to the locations where there were scales in each office. They did weigh-in each week. During the pandemic, staff is still working in their offices (they are “social distancing,” of course) with some teleworking from time to time. They continued with regular weigh-ins during COVID 19. They used the honor system: The participants stepped on the scale in their office and sent Shari a screenshot of their feet and weight on the scale.

The winner was based on weight loss and Body Mass Index (BMI) as they were all at a variety of weight loss needs. They met the challenge with a total weight loss of 111 pounds and drop in BMI of 16.1. “The Biggest Loser” trophy went to Probation Officer Kanita Sumner. Many CSU 5 staff



Kanita Sumner



Shari Fleck

members plan to continue on their weight loss journey through healthy lifestyle changes. “I plan to be right there as their biggest cheerleader!” Shari says.



*Ready For Court
Andrea Carper, Probation Officer
CSU 24–Lynchburg*



*Carolyn Minix, Director of CSU 23–Salem and her staff wish to send special thanks to **Tiffany Webster**, above, a Roanoke County building maintenance employee. Tiffany has been instrumental in keeping CSU 23’s workplace sanitized for the employees who report to work there.*