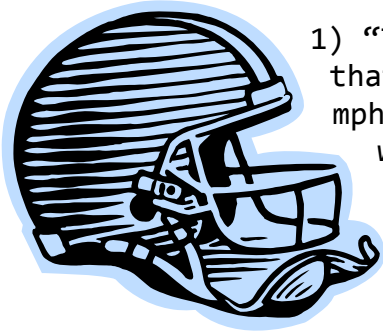


## Be Well Holiday Challenge Stories

Each of these employees will receive a coupon for a free *Be Well* Meal at *The Hub*. We All benefit from your success! Thanks for inspiring us.



1) "There's nothing like a little *Holiday Challenge* to remind you that you should be exercising! I'm trying to walk at least 2.5 mph on the treadmill (not too noisy), with a 2.5 degree incline, while watching football on the weekends. **All those commercials, timeouts, and injuries... you'll easily get 60 minutes of walking in a half!** And you can always increase the speed or incline as you wish!"

2) "This contest has really helped me. I have started working out at the HPER and/or the track and have even joined a gym so I can work out in the evenings. I can't believe how much I enjoy this, and **am happy to feel my muscles toning up.**"



3) "This challenge hasn't been a lifestyle change for me; but **I challenged my husband to do it as a competition.** I have been trying to convert him to my lifestyle for a very long time, and he is really reaping the benefits of this change. He's always making comments on how great he feels, on his energy level, etc. He's doing this for the competition, but I think he might be surprised at how good it will be to keep it up. **Who knew that a competition was all he needed to get healthy!**"



4) "This challenge has been a real eye opener for me. I didn't realize I wasn't eating enough fruits and vegetables. I can feel a difference in the way I feel by getting my fruits and veggies. I not only feel healthy I feel better about myself as well."

5) "Eating all the fruits and vegetables has been the hardest part of the challenge for me, but I made a conscious effort last week and I had a perfect week! I try to eat as many as I can early in the day so I'm not having to make it up later."

## *Be Well* Challenge Stories For a Healthy and Happy New Year!

Each of these employees will receive a coupon for a free **Be Well** Meal at The Hub. Thanks for inspiring us! Please keep the stories coming...



1) "As a staff, our Weber group has adopted the **Wellness Challenge**, with a few modifications. We also earn points for losing weight (and subtract points for gaining). We have a cow that gets **MOOOving** each Monday. The person who earns the fewest points during the past week has to place the cow on their desk for the week. Hopefully, it motivates them to work extra hard to **MOOve** the cow.

So far we have had over 4,000 ounces of water; exercised for 1,600 minutes; and eaten

over 250 servings of fruit and veggies. We've had two staff birthdays. During both celebrations we had healthy (and delicious) foods rather than the normal fare. Thanks for the fun challenge. **It's nice to have a workplace be a supportive environment for healthy living, rather than an obstacle to overcome in the pursuit of health!"**

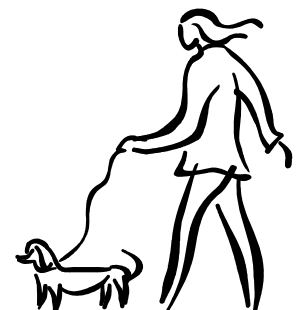


2) "I used to be a 6 pack a day diet coke drinker... starting the day with a wheat bagel and diet coke for breakfast. It was hard to replace my "thirst habit" with water, but now I crave water instead of diet coke. I still have an occasional caffeine-free diet coke, but that really doesn't taste good anymore. **Now if I can find a way for carrots to taste as good as my red licorice. I'm working on it."**

3) "That water consumption is hard to come by, but I'm working on it! I find it is easiest to **heat up a mug of hot water and keep sipping."**

4) I find that I can drink more water by using a 4 oz cup and drinking the whole thing at one time several times a day, rather than filling a 32 oz container and sipping on it all day. It surprised me that I drink more water this way.

5) "Every morning and night I have to walk my dog. I used to only go as far as I needed to, which usually equaled a five minute walk (or I would have my husband take care of it). Last week I realized that taking her on a ten minute walk every time we go out is a great way to get 20 minutes of exercise per day without taking much extra time out of my schedule. **I've started to enjoy our walks (instead of just getting them over with), and I can tell that my dog really loves them!"**



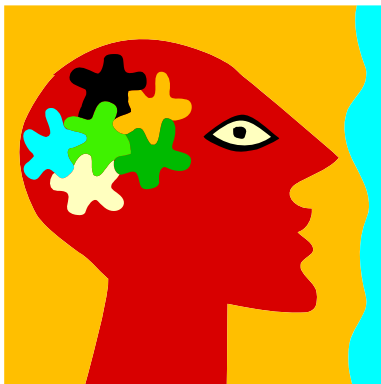
## Be Well Holiday Challenge Stories

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1) "I usually walk for an hour every morning for my daily exercise, so I was wondering what I would do this week while we are on vacation in an area that is not really set up for walking. Luckily my son's PE teacher sent daily exercises for my son to do since he is missing his PE class. Doing the exercises with my son has not only allowed me to stay in shape over vacation, but given me a chance to spend some extra time with my son."

2) "Now that I seem to have a *regular* gastrointestinal schedule with the vegetables I have been eating regularly, I need to retrain my brain. I have a tendency to tell myself that I need to do 60 minutes of exercise or nothing. I am going to make every effort to get in 10 minutes at a time no matter what I have going on each day."



3) "Oh boy.... these holidays are very challenging. It's great to have this program lurking in the back of my consciousness. Imagine where I would be if I weren't working so hard to increase my points for this next week."

4) "I haven't been the greatest at exercising but I have still lost 10 pounds!! I feel better and have more energy. I have noticed that I don't care for "junk food" as much anymore. I would rather have fruit or vegetables."

5) Now that the winter weather has set in, being able to exercise in 10 minute increments made this part of the Holiday Challenge "do-able". Wow...we're half way through!



## Be Well Holiday Challenge Stories

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1) "This challenge has been really good for me. I know that I still struggle to get my water and vegetables in, but what I think is great is that I am **actually thinking about how I can get them in**. It has been a real eye opener to me to realize that I **need to plan more to get in good foods and not just the easy to go food**. I have been struggling to lose weight for years. Thinking more about what I am going to eat and doing this challenge has been good for me. I actually lost a small amount of weight over Thanksgiving!!"

2) "This week, I set my goal to do the maximum of drinking water, exercise, and fruits and veggies each day. At first, that seemed like a really large task. After just a couple of days of it, though, it became very easy to drink the water, get my exercise, and eat the healthy foods. At the end of the week, I can say that I feel better than the beginning. **I recommend trying to "max out" on each category, and think it would really help people to feel better about themselves.**"



3) "I was determined to get all my veggies in Sunday night, so at 11:00 pm I ate 12 carrots. Now if I can just get all my water in for the week..."

4) "I have begun to replace my snacks of chips, candy, etc with veggies and fruits. **It has definitely made a difference. I have more energy and I can already see an improvement in my weight!**"

5) "I'm SO glad you started this challenge when you did. **I have lost 10 lbs. and feel so much better**, instead of gaining over the holidays like I usually do. I hope I can keep it."

6) "Have now lost 30 lbs. and am walking 2 to 6 miles per day. My daughter and dog love it also because now they get to go walking each day with me. Downside... can't afford any new clothes!"



## Be Well Holiday Challenge Stories

1) "I found a **yoga video** that's made for moms and kids to do together, so this week, instead of trying to find time when my 2-year old was busy by herself, we just did the workout together! She thought it was hilarious, and **we had fun being silly together!**"



2) "Sometimes it's really hard to drink that much water, but when I do I'm not as hungry. It's especially easier to not eat out of boredom if you're working on drinking all that water. **I'm feeling better and I'm pretty sure my skin is looking better too!**"

3) "I went home this weekend to celebrate **my grandpa's 96th birthday**. I have learned a lot about being well from him. My grandpa immigrated to America from Italy when he was young. Much has been written about the Mediterranean diet and in his case it certainly has helped. **He still gardens and shares vegetables with all his friends and family.** Plus, he has a **great attitude about life.** His older sister (my great aunt) is 97 and still healthy. It was wonderful to celebrate another healthy year."



4) "**My goal has been to do a lot of little things.** I do 30 minutes of exercise a day, eat at least one serving of veggies or fruits at every meal and drink more water. I can feel a big difference these little habits are having on my level of energy."

5) "If you choose the options that the Holiday Challenge offers you, **the rest just falls into place.**"

6) Well, we aren't the best at exercising. I told my husband that we probably would not win any prizes for being the best. Then I said, "You know what though? **I just feel good that we are making an effort to be healthier, it feels good!**" He agreed. It has been SO good for us!



## Be Well Holiday Challenge Stories

Each of these employees are receiving a coupon for a free *Be Well* Meal at The Hub. I wanted to share their inspiring remarks:

1) "I didn't gain any weight over the Thanksgiving holiday, and I managed to get all my exercise in and eat all the fruits and veggies! When a friend found that I was doing this contest, she asked if I would like to go for a walk up a canyon the day after Thanksgiving, which we did. **It was so refreshing and enjoyable!**"



2) I got on my elpitcal at 11:30 pm one night and my 16 year old daughter looks around the corner and says "You really are dedicated aren't you?" **I guess I am either that or nuts!**

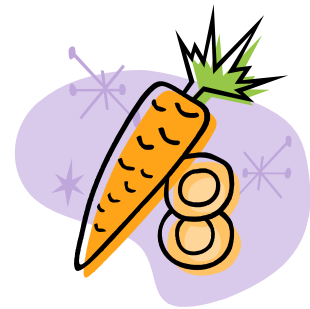


3) "Drinking 6-8 glasses of water a day has made such a positive change in how I feel. **I hardly ever get a headache anymore and I have more energy.** I never realized (until I started counting) how much I was depriving my body of water. What an easy lifestyle change to make with such great benefits!



4) Thanksgiving Carrots.

My husband and I were eating veggies off the veggies tray sans the dip on Thanksgiving. My sister's mother in law said not to eat the carrots since they are soaked in chlorine. Now I am aware of preservatives and things that are bad for my health, I prefer my own garden vegetables but I hate for veggies of any kind to get a bad wrap in light of all the other unhealthy food sitting on the thanksgiving table. **Had she considered the amount of butter in her mashed potatoes and the method for making her gravy?**



5) Sunday exercise is difficult for me. I consider it a day of rest and try to relieve myself from the cares of the world and meditate with a higher purpose. But I am committed to exercising for an hour due to this contest and in doing so have gone on walks with my teenage girls - separately. What an incredible experience! We talked about things that we would have never talked about -- stuff that was important to them. **I should have been doing this ages ago! I have missed so much, but I am not going to miss any more.** It is great to take those walks with my girls and I plan to make that a part of my life while they are still at home.



Thank you co-workers!