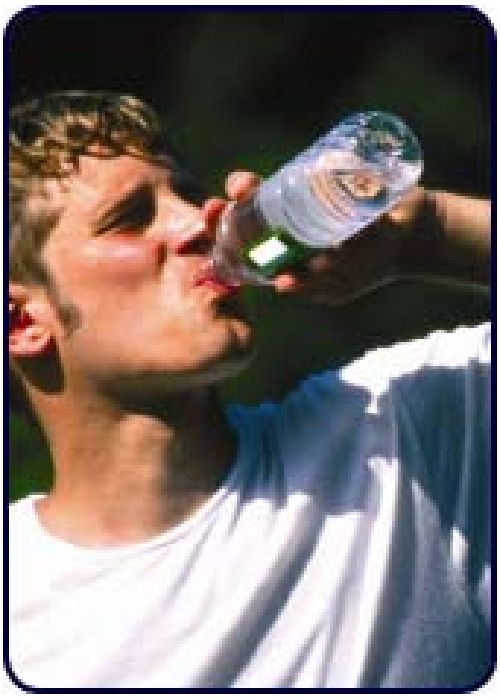
FUN IN THE SUN
AUGUST 2009
PROGRAM EVALUATION



TOTAL PARTICIPANTS: 5,747
ONLINE REPORTING: 5,126, 4,852 compliant
ONLINE SURVEYS COMPLETED: 2,476

SURVEY RESPONSES
Did you complete program guidelines on at least 25 days during August?
99% YES 1% NO

Even though this program only required you to drink water, some participants lost weight. If you lost weight during this program, how much weight did you lose?
5,243 lbs were reported lost by 1,229 participants

Have you become more responsible for your overall health habits and lifestyle during the past month as a result of your participation in Fun In The Sun?
91% YES 9% NO

Will you participate in the next program – Healthy Lunch Club?
95% YES 5% NO

STATEMENT: 1- Poor, 2-Fair, 3-Good, 4-Very Good, 5-Excellent

Emails	3.85
Water Bottle & Sunscreen	3.98
Smoothie Recipes	3.67
Website & Tracking	4.02
Overall Program	4.06

PERSONAL BEHAVIOR BEFORE PROGRAM

Proper Daily Water Hydration	3.54
Safety Adherence	3.62
Productivity work/home	3.59
Overall well-being	3.59

PERSONAL BEHAVIOR DURING AND AFTER PROGRAM

Proper Daily Water Hydration	4.12	16% increase
Safety Adherence	3.94	9% increase
Productivity work/home	3.87	8% increase
Overall well-being	3.91	9% increase

FUN IN THE SUN – EMPLOYEE COMMENTS

This is a great program that has helped me over the summer to be more mindful of my health. Thanks for all you do for us in the state and for this program!

The emails are great, very slick, efficient, and helpful. Better than other similar kinds of programs I've been part of. Put another way, this system is easy to use and effective.

I love to tell health professionals in MT and friends across the country about this great program!

Thank you so much for the wonderful programs. This is such a great perk in regard to working for the state.

I've always drank way more than 40 oz/day. What caused the loss in weight was a continuation of the 10,000 steps program initiated two months ago. I've lost 1 inch in my belt size in the last three months (almost 15 lbs), and both numbers of my blood pressure have gone down almost 10 points in the last three months. Of course, with more vigorous workouts, I tend to drink even more water.

As the programs have progressed I have definitely become more conscientious about how I eat, drink and exercise. Have lost around 10 pounds and feel better about health awareness. I really think you are going down the correct path of prevention vs. treatment. My overall goal was to lose a minimum of 10 pounds and I definitely hit that. Thank you and am looking forward to this year's program!

I have always been a BIG water drinker. Never liked the sodas or fancy drinks. But this month brought it all home in a big way. I got sick, had emergency surgery, but have bounced back quickly. I have to give part of the credit to this and the previous programs that got me walking and focusing on my health. Drinking water is so important after surgery. It really helps the healing process.

I like the fact that this series of programs provides manageable "bites" of positive health and lifestyle changes and then takes a break for a month to increase odds of success.

Thanks again for a positive month and reminders to stay hydrated and healthy. Whoever picks the subject matter for these programs has been doing an excellent job. Thank you.

I have been healthier this year than I have been in 15 years! I appreciate you helping us stay aware of what we can do to lead a healthier lifestyle. Thank you!

It seemed like every week was written just for my lifestyle.

Since beginning to be engaged in the program I have lost over 25 lbs., but more importantly I feel better overall, physically and emotionally. Thanks for "MAKING" me do this program!!

I feel like I have a fitness partner, something I have never sought before. It is great to be reminded and not just sit at my desk all day long. I am motivated to do more on my own now; continuing to walk, watch my foods, drink lots of water - just be happier. This is really cool. Thanks!

I wanted to take this time to thank you for providing the water bottle. It really is a great way to keep track of my water consumption.

Thanks again,

I'm not a smoothie person, but you did have great variety offered. I really enjoy your challenges. They are helpful and fun. Thanks!

Weight went down!

This is a wonderful program. It keeps you conscious of what you are doing or trying to do.

I’ve lost 25 pounds doing this. Thanks!

Thank you, the reminders were great and I loved the recipes.

It's a great idea - get the young ones off soda! I drink only water or milk anyway and have appropriate weight.

Since March I have lost 30 lbs. The wellness program has helped to keep me on track with that weight loss and eating healthier. I can't wait for the healthy lunch club! Thanks!

During this Hydration month I was in Peru for 10 days, and still adhered to the program. It was easy to follow.

Great program. Really helps develop daily discipline for a healthier lifestyle. Very educational.

I've been a water drinker and sunscreen user now for years so this just reinforced my behavior. Thanks for the great recipes!

Thank you for doing these incentive programs. My husband and I are juicing every day to get more vegetables and fruits into our diet and we are much more aware of the foods and beverages we consume and we try to get more exercise every day.

It is an excellent program!

I know the program really didn't make me change a lot of my behavior as I followed this patter before, but it did actually make me think more about how I treat my skin when

outdoors--whether that be sunscreen or repellant against mosquitoes. It's just not something that came to me often.

The daily reminders are very inspirational and make you think twice before falling into a bad habit...ie: choosing water over soda! Each program elicited the same "think twice" attitude for me. When you know you are going to "write it down" it makes you want to go the extra mile and adhere. I do feel much healthier after participating in all the programs. Thanks!

Love being able to log on and have e-mails to remind me. The smoothie recipes were a bonus.

I really love all the recipes. Thank you.

Good program. I enjoyed it.

Thanks for the program; I enjoyed participating and reading the short comments. I have been conscious of hydration since I was about 10 years old and had a serious problem. It is quite good to bring this overlooked segment of our lives to the public.

Thank you!

Inline skated ~100 miles in August and hiked 12-15 miles/weekend.

I love the e-mails and the ability to track my progress on the calendar. Gives an incentive to keep focused on the final goal.

Lost some weight, skin looks better not snoring as much feeling pretty good.

This was a great program. I was surprised at how much information I passed on to friends and family and how much more important my health is to me after participating in this program.

The programs that were presented were good starting places for our overall health & brought to our attention the proper way to make ourselves become healthier individuals.

This has been fun, eye opening and very informative. Thank you for getting me on track!

Thank you, I had fun and am looking forward to the next challenge!!

Many people in our office are drinking more water. Successful program!

Very good programs that keep you aware of daily habits.

The wellness program has caused me to be even more health conscious than I already am.

I didn't realize that drinking water daily surely helps not only my physical but also my mental! Thank you!

I have participated in every program this year & have improved my overall health & attitude. Thanks for this great way to focus on better health.

I have to say that water is my choice of beverage so, this was great for me.

I was surprised that I lost some weight while drinking water. I assumed that I was feeling full and didn't eat as much.

I could actually notice a difference - felt better on the days I drank 40 oz. of water. I'll try to keep doing this.

These programs are fantastic and help all of us stay on track for good health. Thanks for caring. I appreciate it very much.

I enjoyed this program.

I am conscious to drink more water every day.

Thanks for caring about a health. The programs help all of us stay on track to achieve good health. I appreciate it very much. Thanks again for a job well done.

I would walk often 9 miles with my dog taking a water bottle for him, did not realize the importance or difference it would actually make for me to also have water until after this program, walking that distance actually was better in more ways than one once I took water for myself.

Helped to keep me reminded of good health habits.

Five glasses of water a day is very reasonable. Thanks for not making it eight.

I was able to remind not only my wife but also my grown children and their children to drink lots of water.

You just don't realize how bad you feel when you are not hydrated properly. I feel great. Wonderful program.

Drinking more water was easy but being part of the program made me more aware of how much I drank. Thanks.

Ever since I started this program in June with walking I have never stopped walking and I walk 7 days a week. Thank you!

Appreciated the hiking information about keeping socks dry and resting feet. Took a 6 mile hike on Aug 30th and it did help to take off socks and let them dry good and rest my feet. Did not have sore feet when finished.

This really helped me stay hydrated. It made me feel better.

The sun and safety tips were really a help and a reminder to do these things. It's easy to just do things as you always do and it's nice for the reminders and tips.

I loved the recipes from this series. They provide great ways to add additional fruits and veggies to a diet. I also appreciated that they're not complicated and didn't require too many ingredients.

I love the program, it remind me of my health each day. Thank you very much!

I enjoy the programs -Thanks!

The skin is one of our most important organs, though we don't think about it as such. We need to take care of it with a multi-faceted approach. One is simply drinking enough water! Wearing sunscreen is very important, but so are annual dermatology evaluations especially when you reach 40 plus.

I lost five pounds in December/January and have not gained it back. YEA!

I maintained my weight. Doing all these programs, I have lost weight and I have been able to maintain a healthy weight due to continuing healthy eating and drinking habits.

Great program!!

It is amazing the impact of drinking more water rather than drinking pop has impacted my health. I hardly drink any pop anymore and when I do I feel odd.

I really can tell I feel better, and have more energy...now that I know I can drink that much water each day I will do my best to keep it up on my own...thank you.

All of your monthly programs have been great; I can't wait to see what the next ones will be like.

I love these exercises. It really helps me stay on track with my lifestyle changes. Thanks!

I have been a faithful sunscreen wearer for years, but this program made me much more thoughtful and purposeful about my hydration. Staying hydrated really does make a big difference in how I feel everyday!!

I am much healthier than before.

Feel better overall. Less sluggish. It's important to get the right amount of sleep too. I need 7 to 8 hours every night. Not much else matters unless I get that sleep.

I'm pretty careful about the sun always but the water bottle was a good reminder on a daily basis of staying hydrated while hiking. Thanks!

I began hydrating a year ago so this was easy. The safety tips were helpful and most people do not hydrate so this was a great plan. The maintain don't gain gave me incentive; I have lost 25 lbs since that program.

Practiced general safety and hydration properly before program, but this served to reinforce.

I feel that this program has been very helpful concerning water intake.

Looking forward to next phase and enjoying staying healthy.

Wonderful Program that has encouraged me to exercise more such as joining spinning and yoga. Keep up the good work!

The water bottle was a very handy way to keep track of and drink the right amount of water daily.

Thank you!

I try to take water with me wherever I go. Wyoming is just not a place for people without water in hand.

The sunscreen travel packs are really great! I especially liked their convenience. The water bottle is really nice too! THANKS!

This was a fun event! I had a great time.

Maybe some additional information on skin cancers with screening information.

The daily reminders kept my mind focused on better health habits. Really enjoy the recipes!

Increases my awareness and keeps healthy lifestyle in the thought processes daily.

Thank you for offering the Wellness Programs! I've enjoyed participating. Can't wait for the next one.

It is a wonderful program.

I always try to drink a lot of water, but this made me drink more!

I actually felt like I had more energy, from being hydrated...and happier.

Taught me to carry a water bottle with me when traveling in the car. Became a habit.

This was a very good challenge. A lot of people struggle with water consumption.

I enjoy these programs. Seems like it makes a little more accountable.

Good program my stress comes from caring for an aging relative - anything I can do to stay healthy is a plus.

Thank you for offering these wonderful programs. They have me to keep on the right track to healthy living!!

I always try to stay hydrated, but this program actually got me to count the ounces of water per day to make sure I got enough.

I've been on a weight loss program since April and the extra focus on water consumption certainly helped!

Keep up the good work it really does keep me in line. I have lost a total of 38 pounds since March. You have made me realize the importance of being healthy.

I have enjoyed these challenges, good information and recipes.

I feel better!

Just having the reminders helps a great deal for me; thank you; wonderfully healthy program!

It was an enjoyable thing to do - not too difficult, yet a great reminder of how important it is to take care of oneself.

Thanks for doing this program!

Again, great ideas and good job with implementing them. Good smoothie recipes, helped with the afternoon snack. Good way to provide incentive for people to do a good thing.

Not difficult to complete.

This has been a positive and encouraging program to follow. It is something that people should find easy to make a habit. I rarely drink anything but water. I completely avoid anything with caffeine in it. I haven't had caffeine since 1984.

Keeps us in mind of the importance of taking care of ourselves and avoid getting sick.

Very good program. It was a good reminder to drink plenty of water and take care of yourself and family.

After reading the August 5 and August 6 e-mail about skin cancer, I made an appointment with my dermatologist.

There was a suspicious area on my arm, which was removed, being non cancerous.

The entire Fun in the Sun program was excellent. Spending every single weekend from May 1 to September 30 at a local lake, I found it incredibly valuable.

Thank you for a great summer and look forward to the 2nd year!

The program offered was a friendly reminder and incentive to drink more water and more often.

Thanks for the nice water bottle, even if it is too pretty to use! Ha! Trying to be more aware of the amount of water I drink each day!!! Thanks!!!

Constant reminders contributed to my not getting overexposed to the sun (at least once a summer in the past) for the first time in years.

Funny thing with that bottle - two of them and you are done for the day - what could be easier. I do appreciate that the level of expectation was 40 oz rather than the typical 64 oz - that just seems undoable for me and I spend WAY too much time having to potty with the 64 oz requirement.

Drinking all that water kept me from drinking much soda. I only consumed three sodas all month. I normally have two sodas a day. I plan to continue consuming less soda and drinking more water.

Blood pressure normal for physical. Took self blood pressure a month before and it was a little high, even at rest.

Just noting I needed to check in made sure I drank enough water. It was relatively easy in August since I was exercising quite a bit. The hard thing will be to keep this up now that I am back in school teaching full-time.

Very good program.

It did make me think.

This program was a good reminder of the importance of drinking enough water EVERY day.

I really enjoy these programs. I would like to see some for next year just as incentives and reminders to keep us on track.

Easy to use - great process via email!

I think that drinking an appropriate amount of water every day is the most important part of keeping people healthy, it leads to people working out more and eating healthier. Thank you for the program.

This was a good program. Thank you.

I am glad that I did this segment because my intake of water to keep hydrated wasn't up to par. Now I make sure that I drink more water since this program and will always continue to hydrate. I am looking forward to the next group of health improvements in the near future. This was my fifth segment out of the seven that I completed and earned. I am very pleased that I now have become more aware of taking better care of myself with the help and suggestions from these programs. Thank you for having them.

I work in the yard a lot and sweat profusely. This program was a constant reminder to hydrate properly and was very helpful.

Great program!

I have lost 40 pounds since participating in the June and August program.

Interestingly, I knew this one would be harder than daily exercise. It made me conscious to drink fluids regularly. Hopefully the habit will now stick.

I've always drunk LOTS of water daily so this one was a no-brainer for me. And I'm a redhead who's had skin cancer, so I protect my skin always. I'm looking forward to healthy LUNCH - I need help there!! THANK YOU!

You had great ideas, recipes for overall weight management. The water bottle was a great incentive to drink, drink, and drink more to stay hydrated.

I always drink 10-12 glasses of water every day. I also walk 2.5 miles every day after work-5 days a week.

I enjoyed this program!

Like W.C. Fields, I have never appreciated the taste of water, except on very hot days. Nevertheless, I've quadrupled my average daily intake.

I enjoy exercise now!

This is the 1st time I have participated and I liked the daily tracking and being held accountable-more effective for me.

Very good program, Makes you accountable for your health

I loved the packets of sunscreen and wish I could locate a place to buy them

Health and safety tips are good.

The program was very helpful and it helped me to do the things that I would not have done on my own. Thank you so very much.

I was able to lose weight and exercised more with this program.

Very good program for awareness and modifying behaviors.

I drank my 40 in the morning and felt better at work.

The smoothie recipes were fantastic. Very tasty and a great alternative to ice cream treats in August.

I am hooked on drinking at least 40 oz. of water every day. I can tell when it's time to drink some water.

I appreciate the year long program - it has motivated me to keep making healthy choices.

The sunscreen wipes were great. I'd like to know where I can purchase them. I am happy to report that I now wear sunscreen everyday...even though it is something fancy from Clinique.

Program helped me maintain through a high level of work and family stressors.

Thanks for help!

I enjoyed drinking all my water. I felt guilty if I didn't. so that’s a plus.

Enjoyed the daily e-mails and recipes. Kept me motivated.

LOVE the water bottle - thanks!

It was good for me to be accountable to drink more water this month, as I am pregnant and need extra water. It was a good daily reminder.

Excellent and fun to do!

It has been a great program. Nice reminders to keep you on track. Hard to ignore the emails. Thanks!

When I drank the five cups of water, I think I felt better than when I didn't. Will try to drink more water on a regular basis.

Really like the H2O bottle - good quality and helpful to meet daily goals. Sunscreen wipes are great - can you tell me how to get more for future use?

Good program. Glad I was a part of it!

With cooler weather coming I wonder if I will be so inclined to drink so much water?

This was a very good program and I probably drank more water and was more aware as I was following the program. I plan on continuing as I feel so much better. One does not realize the impact on our body when we get dehydrated. Thanks for such a great wellness program.

Really liked the program it helped with my water intake and safety.

I have always drunk at least a gallon of water a day. The cup was nice.

I've been drinking less pop! Love the smoothie recipes.

Find it very easy to add water to my daily routine.

I really enjoy the wonderful programs-they really worked! Thanks so much!

I’m a heavy coffee drinker, and this program really helped me drink less coffee.

Excellent!!

Excellent program - keep up the good work!

While I know that even more water should be consumed if exercising regularly, monitoring it for a month is very helpful.

Just wanted to say thanks. It's a great program. :-)

It was a challenge for me to drink enough water. I was getting sick and constipated because of being dehydrated. I have felt much better this month.

Awareness is what it's all about. This program keeps reminding us of what it takes to be and stay healthy.

It made me realize I was drinking too much Soda Pop!

These programs are an awesome way for me to keep on top of staying healthy and motivating me!

These programs are great it keeps us on our toes

I did not know that you should drink water before your body tells you too. That helped me a lot.

I love the recipes!

I've really enjoyed the Healthier Wyoming Program, especially the "Culprit and the Cure". While didn't make major lifestyle changes, I know I've made many small changes and I've changed my outlook on things. Thanks for offering this program for us!

Like the Wellness activities. Good way to keep in the fore front of my mind.

The safety facts and actions were appropriate for overall health.

I love all your challenges but I'm kind of a health nut anyway. I drink at least 85-90 oz of water every day. Thanks!

I already drank 5-8 glasses of water per day and protected myself from the sun when hiking for at least 30-minutes per day most days of the week. I paid even more attention to these considerations during the program.

Great job keeping everyone motivated to be healthful minded!!

Fewer headaches during August, even though the pollen count was way up!

I was on a canoe trip for 10 days of the month. I drank a lot of water at times but didn't feel comfortable reporting that I had drunk the minimum every day for the program. Safety was on my mind, however, particularly as I had my grandson along. It's a good program for me as I don't like water. I drank more and continue to drink more than before the program. Thanks!

Did not realize how dehydrated I was.

The water bottle was great. I have kept with me all the time. I was really conscience about the water I consumed.

These programs keep me acting on being healthier.

Thank you!!!

I normally drink a lot of water at night and not as much as I should during the day. I am now more aware of this and believe that this program has helped me to think to drink more water.

I am already physically fit, but this helped remind me on days I would "slip".

It taught me to carry around a water bottle.

Although I knew the value of using sunscreen(I have fair complexion), this program helped keep me more aware of properly covering up, with sunscreen and/or hats/long sleeves.

Helped me to keep blood-sugar down when well hydrated.

I love the Healthier Wyoming Program, because it gives a person a wide variety of ideas on health and nutrition.

I like the program!

These programs have been so positive and created healthy discussion at work. Made us all aware of positive changes we can make.

Great program. It helped me to drink more water and I felt better.

I filled the water bottle 3 times each day and drank it all. I like that I actually drank that much water. I cut way back on my soda.

I loved it. I didn't even think about water helping me stay well!!!!

Liked water bottle!

I think this is a good program. Thanks!

The water bottle is so useful. It actually keeps the water at a comfortable temperature, unless it sits in the car when I forget to bring it in to the office. Some people prefer ice water, I like it room temperature. Also, the seal is very good. Most bottles that I have gotten in the past taste like plastic, so this has a much better flavor. It almost reminds me of the canteens from camping in the past. Being made of a durable material, I have not broken the bottle. It is even good in the dishwasher. The clip is useful if I am wearing jeans w/sturdy belt loops. The water intake was a bit hard at 1st, since I usually did not hydrate to prevent being thirsty throughout the day.

The health facts presented made me more aware of my need to hydrate as well as bringing safety issues to the forefront. Thank you.

Seems to have been some kind of subconscious reminder to drink water! Every day I brought the large Nalgene bottles to work filled with water and went through it by noon!

Made me very aware of how much water I was actually drinking in a day. Good program.

Great program!!!

Very good program!

Having completed the last two programs, I have lost 13 lbs. In addition to the programs, I make a conscience effort to limit portions and eat foods that are not processed and that do not have refined sugars.

I believe these programs have been a great help towards improving my health. These are quite a bit of useful information provided with each segment that I have participated in. I've definitely increased my daily intake of water compared to before. I consider any part of these programs a "work in progress" for me and all for the better. I'm looking forward to next month's segment.

Loved the water bottle!

Great job. I enjoy the program very much!

This program had been good for me. I kept up with all that I signed up for and thoroughly enjoyed it. I even got some exercise equipment in the office for all to use.

This program has help me become aware of what I'm doing. Even when I went on vacation for 2 weeks, I drank over 50 ounces of water each day.

Enjoyed the program!

Continue the good programs!

Keep up the good work!

I usually drink 60oz of water a day so this was easy.

Water bottle reminded me of the need to drink water - especially when I was away from home and working outside. I thought this was a good incentive. Thank you.

Everything has been great!

Thank you!

Made me remember to keep track of my water intake and not just liquid intake.

Great program I've always drank lots of water, I can take the water bottle on hiking trips, I loved it.

Thank you for providing this wellness program. I have found it to be a very positive and effective program I appreciate the time and work that has been put into it.

Great program! Recipes were delicious. Thanks!

I have been on Weight Watchers and lost considerable weight; this program helped to remind me to stay with it. I heard lots and lots of comments from co-workers about how they didn't know how little water they were drinking before. Excellent program!

Drinking more water led me to eat less and have more energy to move more. Thanks!

I really appreciate the state taking care of us and being concerned about our health. It is a great program and wonderful information which we will keep fresh in our minds.

This has been a great program - thank you!

I found that drinking so much water cut down on my appetite and I did lose weight.

Good reminders. This is an area that I do regularly and well, but it's always good to be reminded.

Each different event is helping me be more aware and motivated to do better and take better care of myself!

Thanks!

Website tracking was very helpful to stay on task.

This helped my son drink more water as well.

I have also increased my physical activity.

Have been riding my bicycle to work which is 12 miles round trip. I have lost weight over the summer and feel better.

Skin started to clear up a bit and impurities out. Less expensive to order drink when went out to eat.

I now drink more water.

Thanks!

The water bottle was awesome. Although I've always drank a lot of water, I do think a lot of people don't realize how important it is to drink enough water, so I think the program was a good one.

I forgot the first day and drank the specified amount of water every other day.

This was a great program in that it forced me to see the health benefits-necessity of drinking a fair amount of water. Am trying to continue; for some reason, drinking water is difficult for me.

The daily water hydration had a huge impact on my beverage choices. I only have soda once or twice a week instead of once to twice a day. As a family, we don't buy soda very often after using this program. It helped us make sustainable changes.

This is a great program and I'm learning to work towards improving my health. I've enjoyed doing the various segments. My intake of water has vastly improved. I'm also trying to select healthier foods including increasing my intake of fruits and vegetables. I'm looking forward to the next segment on healthier lunches, etc.

I missed the first day with acceptable hydration but got it right every other day.

Great program! Hydration and sun safety go hand in hand. This was especially helpful for me.

Very good program and I am more aware of safety and we have to be responsible for ourselves.

The program was very worthwhile.

I lost 22lbs from June through August!

Lost 10 pounds; more conscious of what I eat.

The water bottle was the best item I've received to date for participation.

This did help me drink more water instead of pop.

Gotta tell ya, this program has done AMAZING things for those in my office in District Court. No kidding, everyone has lost weight, we started the "Biggest Loser" contest, and there is no longer cookies and sugar products on our lunchroom table. The book, The Culprit and The Cure, sparked a lot of conversation and helped tremendously. The program HAS worked for us and we loved comparing our "numbers" on the pedometers.

Good reminder to drink plenty of water especially during warm weather.

Thanks so much! This has been a great program for me and has made significant changes for my family as well.

I love these programs and the reminders every day keep me aware of my part.

Just keep the programs coming! They make a positive difference in people's lives. Thank you!

I would not change anything with any of the programs. I have enjoyed all of them.

I hope you go through the entire winter with these programs. Winter seems to be the hardest time to stay on track.

I think this is a great program and look forward to continuing with it next year.

Thanks for doing this program!

Am looking forward to the next program!

This is a good program to continue!

I HOPE YOU DO THIS AGAIN NEXT YEAR!

Great program. I hope you can continue it.

I think this is an excellent program...how can we get others that are not affiliated with this insurance to participate?? Especially children!! I am a nurse and educator, so this hits close to home.

Love the program! It makes me think about my health...that is a necessity this day and age with so many other things preoccupying our thoughts.

I hope more people participate in this program. Thank you for the opportunity!

For me the daily check in forces me to check my email on a more regular basis. Usually I check my mail once a month, and then I mark everything for deletion. Now I look for your email. Thanks!

Keep up the good work. I have enjoyed each program.