

**MAINTAIN – DON'T GAIN
2008 HOLIDAY WEIGHT CHALLENGE
PROGRAM EVALUATION**

TOTAL PARTICIPANTS: 3,373
ONLINE SURVEYS COMPLETED: 1,857 – 55%
ONLINE REPORTING: 2,830, 2,470 compliant

SURVEY RESPONSES

Did you maintain or reduce either your weight or measurements over this holiday season?

96% YES 4% NO

Even though this program only required you to maintain your weight, some participants lost weight. If you lost weight during this holiday season, how much weight did you lose?

3,568 lbs reported lost by 967 participants.

Have you become more responsible for your overall health habits and lifestyle during the past seven weeks as a result of your participation in Maintain – Don't Gain?

87% YES 13% NO

Will you participate in the next program – Laughter – The Best Medicine?

96% YES 4% NO

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

Emails	3.76
Recipes	3.56
Website & Tracking	3.85
Program Incentives & Prizes	3.92
Overall Program	3.99

PERSONAL BEHAVIOR BEFORE PROGRAM

Healthy Food Choices and Portion Size	3.09
Random Acts of Kindness	3.37
Productivity work/home	3.40
Overall well-being	3.36

PERSONAL BEHAVIOR DURING AND AFTER PROGRAM

Healthy Food Choices and Portion Size	3.59	16% increase
Random Acts of Kindness	3.64	8% increase
Productivity work/home	3.68	8% increase
Overall well-being	3.70	10% increase



COMMENTS FROM PARTICIPANTS

This is a GREAT program! It is nice to know that our state is interested in the wellness of its employees(citizens). AWESOME!

This just kept me more aware, because I had to "check in" each week. I'm generally pretty careful about my eating, etc., anyway, so this program simply helped me to focus a bit more during the holidays than I might have otherwise.

Makes me more accountable for my own health!

Good program even though I did not lose weight! I enjoyed the daily quote about life.

More alert and more alive!

Not gaining during Christmas holiday was good for me.

Starting off the New Year knowing that this program helped me lose a few pounds rather than gaining during the holidays is very encouraging! Thank you for administering an excellent program.

I didn't lose or gain during the holiday season.

I love doing yoga to lose weight!

I liked this program. Timing was perfect and I think it really helped me be conscious of what I was eating during the holiday season.

The program gave a wake-up call that I was getting older and needed to start taking better care of myself and making wiser choices. I have also joined another on-line weight and health site that fits in with this one very well and between the two I think I will do great.

I like the program a lot. The daily thoughts give me something to think about and work on during the day. Thank you for providing this program to all of us.

This program made me think each time I went to eat something. It made me very aware of how I was eating and changed some bad habits to good habits. Thank you for the help in the right direction.

Love the recipes! Keep them coming!

It was hard. If it hadn't been for this program, I would very probably have gained over the Holiday period...this program kept me on top of it, conscious of it all the time.

This program along with exercising has been a great help for my overall health.

I need the incentive to get going.

I like having new ideas and having some place I have to be accountable to. Didn't maintain but only gain 1 this year instead of the usual 8lbs.

I managed my weight better during the holiday season this year.
Keep up with the random acts of kindness reminders; these are helpful to me.

The program was a great reminder to stay on track. It was easy to pull up and log.

I usually only track my weight. Tracking the waist and hip measurements was interesting. I lost 2 inches on my waist and dropped one size in my jeans.

The daily emails and the requirement to pay attention to the program are very helpful in keeping me on track.

It was a good program to stay healthy.

It really helped to get a reminder email daily to watch my portion sizes and to keep exercising!

This program made me very aware of my food choices. I was very cautious when it came to sweets. I'm glad this program was in effect because it made me think about my diet choices.

I am resuming my work-outs on my NordicTrack machine, skiing 15 minutes per day and working up to 30 minutes per day.

I have always tried to maintain a healthy lifestyle. This program really helped with incentive over the holiday season! Thank you very much for setting this up!

I just have to beware of what I'm eating. It helped me feel better about myself to be able to go to my family's home for the holiday's and not make a pig out. When I would leave I would be satisfied and not miserable. I've went down a pants size and I'm going to continue to go down. My total weight loss since Sept. 2008 has been 40lbs and counting down. YES!

I would not have succeeded without having to report weekly! Thanks!

I usually lose weight in the winter, as I become more active. My waist measurement went down two inches, although my weight is the same. This is probably better muscle tone.

I lost 3 pounds over the holiday. That is success

This did help me to watch my weight and to eat better.

Without this type of motivation, I could easily see adding pounds over the holiday season. The accountability online provided an incentive to maintain weight through the holidays. Thank you for providing this online incentive.

Excellent program using appropriate incentives.

I was very happy to keep on track with new recipes. Having an email every day helped me to remember to stay on track.

It helped to have someone to account to.

I really enjoy reading the daily sayings and trying the recipes.

Even though I was traveling most of the month of December...eating on the road and celebrating the Holidays with family; I was very pleased to find that I had maintained my weight. Your incentive helped me to avoid over-indulgence.

For me the dental program was more effective in changing my behavior.

Maintaining with the slim hope of possibly losing has been an ongoing process for me for quite a while. The program fit well into my current habits.

The program was great. I spent more time in the gym than in any other holiday season. I was determined to keep the weight off and did it. Thank you!

Random Acts of Kindness - visited elderly neighbors that are home alone during the holidays.

These programs really motivate my staff and help them encourage each other.

Since the Wellness program started I have been thinking more about a more healthy way of life than I ever have for some time. I have improved my health and my attitude a lot.

I love the suggestions, the Random Acts and the recipes.

Thanks for all the great ideas!

Very much enjoyed receiving the daily quotes and Random Acts of Kindness - things we forget.

I managed to lose 2 pounds even though I have a huge family that loves to cook and eat!!

Great program!

This program really helped me. I have maintained my weight during other holiday seasons a few times but this time it was easier. Just knowing that "someone" would be

checking in with me helped. The hints were good too. I knew a lot of them but there were a lot of new helpful ones too.

I liked the quotes at the beginning -- an upper to start the day. And the random act of kindness suggestions were good too.

I was able to abstain from most of the Holiday excess and kept a heightened awareness of portions.

I think that praying every morning and night has helped me with my well-being at this time in my life. I feel that I am doing good considering the tragedy the last year. It helps to have the emails to keep your mind focused. Darline

By following the guidelines, it made me more aware of maintaining good health practices.

It is always easier to work at something like this as a "team". Finding another person to be willing to walk, talk and support you can be difficult with our busy lives. This program gives that support and gives anyone that participates an advantage. Thanks!

I began the remodeling of my house after work instead of immediately turning on the TV to see what was on. I also began doing 20 minutes on the treadmill again.

I have a hard time counting calories, but being aware that you should and thinking about that makes you second guess what you are about to put in your mouth at times. That's what would happen here.

I am more aware of the good foods to eat and what is out there in the restaurants.

I thought the tips were good and the positive affirmations with the suggestions for acts of kindness were quite good.

Great program and the recipes were delicious.

Thank you!

Good program; thank you doing this.

Great incentive to keep on track. Thanks!

Programs are positive. Thank you!

Good reminders to maintain focus on health.

The emails were a good reminder to stay on track and the positive statements actually eased stress.

THIS PROGRAM WAS MUCH BETTER THAN I THOUGHT IT WOULD BE. I WAS VERY MOTIVATED TO KEEP GOING ONCE I SAW SOME RESULTS

Watched my calorie intake more and have started an exercise program at home.

I like the positive statements and recipes that arrive 5 days per week. I have forwarded some of the statements on to friends and family.

I think that these programs are great and are helpful in achieving overall health. The exercises last long enough to make them become daily habits.

This is a good program and keeps health and nutrition on top of the mind.

Because of this program, I became more aware of my poor eating habits. I have now started making meals which are much healthier and my son enjoys it just as much as I do. So this program has helped not only me, but my son as well. Thank you.

I like the program. It makes me keep my focus, which is very easy to lose in the course of a hectic week and during the holidays.

The program helped me to stay focused. Your daily reminders really support the process.

I absolutely loved the suggestions on random acts of kindness. We all need to be reminded that this is #1 - even better than a pay raise!

I didn't think I'd lose weight, but I managed to drop 6 pounds between the start and finish. Every time I'd see junk around the office I would think, "Will it really make me happy to eat that?" Most of the time, the answer was no. I stocked the work fridge with healthy choices. This was much easier than I thought it would be!

My whole family really liked the recipe for the vegetable guacamole. It contained avocado for a healthy fat, beans for protein and lots of other veggies. It tasted like a real indulgence, but was HEALTHY! Yum! I added cilantro the second time I made the recipe and omitted the jalapeno. Thank you.

I cook more and go out to eat less.

The recipes really helped. Thanks!

With the combination of walk through the Big Horns challenge and this, it has helped me become more aware of my movement. Also, purchasing my wii & the wii fit has also greatly increased my exercise while I'm at home with fun exercises & movements and not being lazy.

Loved the program. It kept me aware of my food intake. Even signed up at a gym last month to lose weight and it has kept me grounded. The program has given me a greater incentive to keep going. Feeling better than ever. Thanks!

I have been doing weight watchers online for a while, but haven't found my groove. Because of this program I really watched what I ate during the holidays and stuck with weight watchers. I will continue losing weight, exercising, and making healthy eating choices. I liked the tape measures. Thanks!

I have lost 10 lbs over the last three months and was really trying hard to not gain any of it back - with success.

I enjoy this program. I start my day with it! It keeps me on track and seems to be working. This is the first holiday season in years that I haven't put on weight!

This is so encouraging, I really appreciate the e-mails and the helpful hints.

I like the ideas for random acts of kindness. I normally do several of them and it was nice to have them affirmed.

By being more aware of what I was eating I was able to lose 2 lbs and not gain over the holidays.

Thank you for the opportunity. It helped my fitness goals during the holiday season when food is at the forefront.

Due to health problems this is the first Healthier WY program I was able to complete, it was nice to finally be able to finish one.

I did not gain, that is a plus. The program helped me to remember my goal.

The frequent emails were very helpful in reminding me to not nibble on goodies that piled up at work during the holidays.

Just by paying more attention to all my choice for food and being cautious I believe I lost weight. Setting small goals each week really worked for me.

Just doing this made me aware of what I put in my mouth. Thanks.

Participating in this program was an accountability partner. I did not want to do the things that would cause me to gain. It was all ways on my mind, and when a person constantly has something on their conscience they generally do not want to go against it. This was awesome.

I have been more aware of and have been improving my habits in all the areas that have been covered by the wellness programs. Keep up the good work!

Knowing I was going to have to weigh and measure at the end of each week made me think twice before I fill my plate or went back for seconds.

MAKES YOU MORE AWARE OF WHAT YOU ARE DOING WITH YOUR HEALTH.

Good Program! Anyone who chooses not to participate is just Crazy or just don't care about their health!!!

I exercised and ate healthier and so did my family. I really enjoyed it. Thanks for all the encouragement.

The last week I gained a little wait, but not as much as I usually gain during the entire holiday season.

This is an excellent program and the daily email is fantastic both as a reminder of participation and for the suggestions.

Outstanding program, please continue.

I really enjoyed this program. The pace suited my lifestyle well and it was realistic!

Knowing that my weight and measurements were being tested helped me stick to the program. Loved the tips on kindness, I try to do those things anyway but once in a while something was suggested I hadn't thought of. Recipes were also great.

This is something I do regularly--every day I focus on maintaining my weight and being healthy. However, the daily emails with the quotes, recipes and suggestions were quite nice! I was pleasantly surprised!

I like the reinforcement of habits I am trying to do on my own, it does help.

My main focus was trying to incorporate more fruits and veggies into my diet on a daily basis and I have been doing that successfully.

I have been doing the nutrisystem the past 5 months and have lost a total of 46 pounds. I have been learning to decide if I really need that piece of chocolate or not.

This program came at a time that I was training for a triathlon, so it is difficult to say my overall health was related to the program rather than other aspects of my life. But, I really appreciate the emails and the incentive to stay on track and make healthy choices.

Participating in this program helped me stay in line with my weight goals. I am very pleased with my diet. I plan to continue with the maintaining, and my goal is to lose another 5-10 pounds.

The dental program was good it made me floss on a daily basis I used to hate flossing but now I can tolerate flossing. I always used toothpicks before.

I love the Random Acts of Kindness - it gives me a boost for the day to think how I can stop thinking about ME and do something for others.

It helped me remember not to overeat during the holidays.

The emails were a great start for everyday. Good reading, good tips!!

I actually gained/lost up to 5 pounds during this time frame, but ended up at a -1 loss as of 1/4. Program helped me be more aware of my eating/portion during this food intensive time frame.

I joined First Place for Your Health at Church.

While I changed my holiday season eating behavior a few years ago, it was helpful to have the program acting as a reminder - it made it easier to stick with my choices to limit my calorie intake and to favor healthy food over treats.

Thank you for such a positive program. I truly believe programs like these are not only good for a person but a real incentive.

A good diet is already very important to me, along with daily exercise. The Thanksgiving - New Years time period is a very difficult time of year (along with my birthday being in that time period) to maintain a diet. Besides all the temptations there is social expectations.

I kept this program in the back of my head and with the daily e-mails, that really helped me to keep on task. I also kept the tape measure on my dresser where I saw it daily.

I really think being involved in this helped me keep on task this year and not gain the five pounds I usually do. This will spare me 6 months of extra work! :-)

The program helped to keep the goals in focus. Made you more accountable.

Very good program - makes you think of what you eat. Bob

Your vegetarian soup recipes were crucial to my losing weight and I will continue to make soups with vegetable broth to lose more weight.

Just making a few changes made this easy it will be NO problem to continue it. Most times steps are drastic and I give up. This is easy to keep up and yet lose weight slow.

The e-mails with the goal was very effective for me. Even lost two pounds.

I had a partner in this effort that contributed substantially in my ongoing weight loss.

Thank you!

We also had a wellness program here at the college that required us to wear pedometers and track all our steps with a conversion chart. Between the two programs I was reminded to walk more and eat healthier. I also cut back on the number and size of the portions.

Thanks for the health insurance incentive. It is welcomed, even for a healthy individual who, without this or any program, looks after herself well, is productive at work, and costs the health system very little.

If nothing else each program so far has made me be more aware of what I am eating and made me be more aware of exercising because I don't want to miss my hours.

This program made me more aware of daily choices, food and behavior. It was very beneficial. Thank you!

It definitely kept my awareness high about what to serve guests and about my own activity level if portion sizes were more than normal. The random acts of kindness was great and I saw quite a few more this season than I remember.

I've made a commitment to myself

I enjoyed the random acts of kindness emails.

Since starting the wellness program both here at work and with the WDH my level of activity has increased tremendously. Also I am working out more and walking more.
THANK YOU!

A great reminder over the holidays for anyone who wants to maintain!

Good program; thanks for the opportunity.

I went for a doctor's appointment and the doctor indicated that he could see results from the additional exercising I'm doing along with better eating habits.

This was the first year in 30 years that I did not gain weight over the holidays! Checking in everyday made me much more mindful of my food choices. I appreciate this program very much as the holidays have always been my downfall so far as healthy habits. I also liked the emphasis on acts of kindness.

I have been good about doing my 30 min. treadmill 5 days a week and 2 days I would do 2 days a week with some weights, this program helped me to make better food and snack selections.

This was a great program and it was given at a perfect time! It was very simple but helped me to eat healthier.

My husband and I both decided it was time to eat better and loose some of the extra inches. Working on it together it has been much more fun and convenient.

I loved the daily notes about kindness...wow we can always give and use more of that!!

We told many people about this program; maybe some joined as a result.

With this program I was more aware on a day to day basis not over indulge and to maintain my current weight, without this program and the daily emails, I don't think I would have paid too much attention and gained.

Joined a health club and now exercise on a regular basis, and drinking lots of water!
Thanks for the great recipes!

Thanks!

I had started a portion control/weight loss program several months prior to "maintain/don't gain", so the success I experienced would likely have happened without it. It served to reinforce what I was already doing.

Keep up this wonderful program it is helping me all the way around!

This has been a long time coming. We need to focus more on healthy lifestyles. Thank you for encouraging me to do so.

I have made a commitment to myself.

Excellent way to start the day!

This was a lot of fun seeing if I could maintain my weight. If you put your mind to it, you can do it.

This program helped me to be more aware of my eating habits and how I treat myself and others. Thank you.

I enjoy the programs, I think they are great and help each of us to have a positive attitude about ourselves.

Some of the recipes are excellent - thanks.

I am also doing Weight Watchers and have been on the program since February, 2008 and have currently lost 30 pounds and plan to lose 25 more by the end of May of 2009.

The combination of the two programs have especially helped me thru the Holiday Season with no weight gain. Great programs!

This was a great program to assist me with my weight loss program. I have lost 44 pounds in the past year through an acupuncture program and healthy eating. Being involved with this program during the holidays was another great incentive.

I enjoyed the recipes. I copied all of them.

I really liked the random acts of kindness stories.

I consider it a good sign when I can maintain or even lose a couple of pounds over holidays.

The regular messages really helps to keep these things at the forefront of a person's mind!

Great program! It helped me make a conscience decision about my health everyday!

I love the daily emails. It's nice to have positive reinforcements and suggestions every day.

I've always made it a practice to smile at strangers and lend a helping hand, but having the email reminders to do so made my efforts even more conscious. Thank you!

Thanks for the incentive to pay attention...it is a great way to stay reminded to make healthy choices always

Loved the emails!

I liked the suggestions for random acts of kindness!

The program reinforced and reminded me what a healthy lifestyle and food choices I should be making.

This program made me focus harder on the extras during the season, and accentuated the need to exercise to balance or even make up for that extra Christmas treat!

It was enlightening to realize how much the holidays do impact my eating habits. I initially lost a few pounds, but gained them back the last week. Darn!

This is a wonderful program. It keeps me thinking about it

I'm very happy with this program. I'm only up .8 from where I started. It could have/would have been so much higher without your help. Thank you!!!

I enjoyed the healthy recipes, especially the salads. Reading random acts of kindness was an upper for my frame of mind at work.

I feel better having lost a little and last night I forgot to brush my teeth and I noticed that right away this morning.

What a great program.

I haven't changed my lifestyle much but I find that the Healthier WY program is a very good reminder for me to be aware of my physical and mental health - it is like planting seeds.

This is an excellent program for helping participants think more about choices in healthy eating and lifestyles. Thank you!

These little programs are great so far. Not into the laughter one though...am looking forward to a couple of the ones coming up this spring.

I liked being accountable for my weight over the holidays. It helped me keep my weight in check.

Very beneficial program. Loved the recipes!

Thank you for the emails!

I THINK THIS IS A GOOD PROGRAM AND I JUST NEED TO GET MYSELF MORE INTO IT, BUT THIS HAS HELPED ME TO WANT TO GET INVOLVED

Participating in this program makes you stop and think before you eat, so you begin to make healthier choices.

Really liked the pocket size tape measure.

I appreciate the suggestions for Random Acts of Kindness, smile!

I really like the fact that this site gives so many different and positive choices when it comes to food options, exercise, and life style changes for a better quality of life and health.

I have been doing "good health" for years, so I cannot say I improved my situation, but I certainly support the program and believe the increase in awareness is a great benefit. I enjoy receiving the daily reminders and tips! Great Program!!

I enjoyed the personal challenge of maintaining my weight for this program because I am responsible for my success.

The tape measure has found many uses in addition to being a good reminder for me. Thanks.

I maintained or lost weight in 5 of the 6 weeks. The one week I didn't I gained one pound but lost that pound and one more by the end of the program. The week I gained a pound, December 15 - 21, I was on out of state travel status seeing family in a pre-Christmas visit. Food wise and weight wise I was little bit off my game for that week but I got back on track quickly.

It was great. I enjoyed participating, I didn't lose a lot, but I didn't gain, made me conscious of what I eat and motivated me to begin my exercise program.

Watching my weight and recording made me watch my weight closer and maintain it during the holidays

Please do this again- maybe using some of Dr. Oz information- short and to the point. It is a good reminder.

This program helped me to monitor my food intake and weight more closely during the holidays. Instead of gaining 2-3 pounds, I was able to end up at the same weight I started. I had a couple of weeks when I was up 1/2 to 1 pound, but didn't let myself balloon. The program helped me feel accountable for my weight, so that when I gained, I made the effort the next week to lose that gain.

Worthwhile program – thanks!

Excellent motivational emails and recipes!

The postcards sent to my home address announcing the programs are helpful. That followed by the e-mails are a big help for me to keep healthy habits in mind. Also, the insurance deduction to come for participation now is a huge incentive. I like how we, as a self-insured group, are moving in a positive direction. Thanks!

Great Program - it really made me think about my holiday eating choices.

At 5'4" and 110 lbs, I did not want to lose weight. But during the test period, I was more conscious of avoiding the sugary treats. Even though some weight gain would have been OK, it would not have been healthy gain. Thanks for helping me think before nibbling.

I found random acts of kindness WONDERFUL. What a grand idea.

I loved the random acts of kindness. A good lesson for everyone. Thanks!

I was SO CLOSE! The two weeks that I didn't maintain I was over by only a pound. This program was a great incentive for me during a time of the year that has typically seen me increase by about five pounds, so I believe participating really helped me maintain.

It was a struggle with holiday treats everywhere but I did cut back on portion size.

This was a good challenge for me. Did not eat one dessert!

I liked the variety of your recipes!

I enjoyed the daily email reminders - it kept my goal current in my mind. Thanks!

My only real downfall was Christmas week. The reinforcement was otherwise helpful.

Thank you for the Employee Wellness Program. The Program has made me think about what food I eat and to choose more wisely. It has also motivated me to encourage my family members to make wiser choices.

Can you believe it .8 over, so close!!! I'm thankful that it wasn't the 5-10 lbs that people put on.

I have appreciated the constant support through emails. I felt as if I had a "buddy" cheering me on!

I started Weight Watchers in August and have lost 21 pounds.

Helped me to eat less and maintain my weight despite being away from home over the holidays.

I was amazed at my success at this time of year. I was not going to participate in this because of the time frame (Thanksgiving and Christmas) but I've become aware that I needed to change my life style and this would be a challenge. I lost 21 pounds and have gained pride in myself, not to mention feeling better and having more energy! The recipes were great and I am looking forward in making more of them.

Keep it up!

This program has put me on the right track. Thank you!

I had already begun to work on losing weight and I am very excited that this is taking place it is really helping me to continue to get healthier.

Even though I didn't maintain, I was aware of the goal and intend to meet it during 2009.

Program definitely made me more aware of my food decisions.

This was great, keep up the good work. I look forward to, Laughter the Best Medicine.

It was helpful having a program which helped me remember to eat in moderation during the holidays.

I was walking across a large, open area at work this morning and noticed I have a bounce in my step that hasn't been there for a while.

I love these programs. Thank you so much for providing this!!

Have become more accountable for choices.

This helped remind me not to overeat during the holidays.

Great program!

I had no problem maintaining weight as I have been on a gluten-free diet since 8/1/2008. It forces me to eat very well!!! (Or suffer immensely.) I thought your program was fine though and am looking forward to the laughter one!

Although, it was the holiday season, I did not do the usual huge amount of "holiday baking" which means, I didn't eat as much.

I started an exercise program the beginning of September so I had already started on a plan before I started on this program.

We incorporated "Maintain Don't Gain" into our Agency Christmas Party. Healthier choices were well received.

Thanks for the motivation!

I very much appreciated the daily e-mail reminders. They were just enough to help remind me to stay on track. I also liked the variety of recipes to try out.

Nice menu ideas, having to check in each week helps you maintain.

This program was easy for me because I've varied only slightly in weight for many years, and prefer small servings of food.

I enjoyed the consistent reminder and new healthier recipes to try

Tammy and crew-good job, keep up the good work!

I think this is a great program, and I could stand to see it re-run next December just as it is.

I normally gain 5-10 pounds over the holidays, not this year. My family benefitted through my participation by cutting out a lot of sweets and using splenda rather than sugar in several recipes.

Did not eat very much sweets during holidays compared to other years.

I had already been on a Weight Watchers program & was paying active attention to my food & exercise. I lost no weight during this period, but maintained. Had a very tough time due to a long vacation & then a death in the family. Plan to step up my weight loss program now.

These programs are fun and extremely useful to remind a person to be healthy. Really enjoyable.

Your daily emails were brief and uppers - both excellent qualities.

Excellent program for holiday season.

This has been a really good program for the holiday season.

I only gained 1 1/2 pounds, which is actually good for me over the holidays.

As a teacher for 26 years, I required my students to never ask me if they if they "Had TO Do Something" Life is a "Get TO Opportunity" regardless of the task. Positive thoughts yield positive results.

The program made me think about what I am eating and how much.

The program, for me, takes a common-sense approach. It simply reinforces what I'm already doing, and, insofar as it's heightened my awareness of what I'm doing day to day, I'm glad I participated.

Although I gained lbs the week of Christmas, it was only 3-4 lbs, which I can easily take off again.

I really enjoyed the recipes.

A great way to provide motivation and constant reinforcement to keep with the program!

I lost 1/2 inch in my waist measurement; I started taking a Tai Chi class.

I look forward to more programs.

Keep doing this type of program!

Don't let up!! The results from a program such as this will pay huge dividends!!

The holidays were a good time for the random acts of kindness

Better eating habits, better choices made on portion size

Although I pay attention to my foods & portions most of the time; this made me even more aware of not overdoing it over the holidays.

I encountered a major medical issue in December and essentially dropped out, although I was happy -- given everything that was going on -- that I only gained 1.5 pounds. Good program, but bad timing for me.

Constant encouragement was great!

Well maintained site, easy to navigate.

I found myself thinking about ways to get more activity in my routine and made conscious portion control choices during the program.

I always make a lot of New Year's Resolutions. I usually follow through with the majority of them. From this program and my 2009 New Year's Resolution, I feel very in control of how successful I can be in my weight loss goals. For me, it is about a war with self-control. Staying healthy and losing weight is about self-control and motivation. You have to work for the results you want. This year, I will lose 15-20 lbs by eating healthier and exercising more. My resolutions this year are limiting myself to sweets once a week. I don't crave them as much as I used to. I can only eat ice cream once a month. I'm giving up pizza entirely. I have to lose 15-20 lbs or I owe my brother \$200. There are several more, and I am good at keeping them. This program has also helped me motivate my fellow co-workers. There is a group of us around the state that is doing a biggest loser competition. This is a great program, and I am very thankful that it is offered through my employment.

The program helped bring an increase in health awareness - and personal attitude - into my life. I really liked the Random Acts of Kindness tidbits. I have taken a number of steps to improve my overall health, and results are already showing, including improved cholesterol levels and more consistent exercise.

Staying focused on balancing good & bad carbs/calories has helped me still enjoy many of the foods I like and not feel guilty. The whole households diet has changed and is very healthy these days. The 9 lbs. I successfully lost has made a world of difference to me after gaining weight consistently for many years. I will continue until another 44 lbs. are history. Thanks for the incentive.

I am really enjoying the programs you have. Thanks so much for the boost!

Pretty cool to have such great incentive from others!

I only lost 1 lb for the record but I had lost more. I recently caught a cold & have been put on medicine that is making me swell up & retain fluids. I will be on these for at least 6 more days & hopefully I will not have to take any other kind. After a couple weeks, I should be able to start losing again.

Wasn't sure this would work but signed up because of insurance incentives. I started a new eating plan and am still on it.

I really enjoy these programs!

I am just getting into this program so I have no comments thus far.

Anything that makes me think about what I am eating is good -so this is good.

Only splurged once in a while over the past seven weeks, became more aware of what I was eating and when.

Enjoyed wellness programs!

I appreciate the weekly emails, otherwise I am not thinking about it.

Keep up this great program!

Keep the quotes and Random Acts of Kindness going. Reminders are great!

Don't change a thing!