

NEWS RELEASE

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For immediate release

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Area Employees Committed to Maintain Not Gain Over the Holidays

With the fun and festivities of holiday office parties, family gatherings and an abundance of goodies and treats, holiday weight gain seems unavoidable. The holiday season was much different for many area employees participating in the *Maintain Don't Gain Wellness Challenge* sponsored by the Panhandle Worksite Wellness Council.

Twenty-two businesses encompassing nearly 450 employees from around the region challenged each other to practice six healthy habits to ward off weight gain and promote well-being through the holiday season.

"The challenge was a great opportunity to foster some friendly competition and promote good health over the holiday season," said Jessica Davies, Panhandle Worksite Wellness Council Coordinator.

Teams earned points when members engaged in healthy activities like eating breakfast, limiting sweets and alcohol, and exercising fifteen minutes each day. Participants were awarded five points for each healthy habit, and ten points for weekly weight maintenance or loss. Each participant had a goal of 1000 points for the challenge, and points were averaged for each business so that the businesses could compete against each other.

The three businesses with the most points were entered in a drawing for prizes. Western Nebraska Community College Sidney Campus received the grand prize walking workstation, Chadron Community Hospital earned \$500 towards healthy vending, and DOVES received a \$250 Subway® gift card.

"We were excited to have such great participation across the Panhandle. Half of all participating organizations reached the 1000 point goal. This shows that participants were taking the healthy steps needed to prevent weight gain and manage stress over the holidays," Davies said.

"It's inspiring to hear stories of positive healthy habits still happening post challenge like continuing to eat breakfast or making sure to get at least 15 minutes of activity each day. One

participant relayed how nice it was to finish the holidays and not to start the new year ten pounds heavier,” she continued.

The holiday wellness challenge is just one of the benefits of membership to the Panhandle Worksite Wellness Council. Informational luncheons about additional membership benefits will be held throughout the Panhandle in late January. Contact Jessica Davies at 308-487-3600 extension 101 for more information.

For additional information about worksite wellness visit pphd.org/pwwc.html. The Panhandle Worksite Wellness Council is a division of Panhandle Public Health District in partnership with Scotts Bluff County Health Department. The council offers extensive membership benefits to help build evidence-based worksite wellness initiatives for local organizations.

Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle Community.