

NEWS RELEASE

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For immediate release

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Employees commit to Maintain Don't Gain this holiday season

With the fun and festivities of holiday office parties, family gatherings, and an abundance of goodies and treats, holiday weight gain often seems unavoidable. Panhandle Worksite Wellness Council is working to make that much different for many area employees participating in the council-sponsored *Maintain Don't Gain Holiday Wellness Challenge*.

Twenty businesses encompassing over 200 employees from around the region are challenging each other to practice six healthy habits to ward off weight gain and promote well-being over the holiday season. The challenge began on November 21 and will end on January 1, 2017 covering Thanksgiving, Christmas, and New Years.

"It's always a great opportunity to foster some friendly competition and promote good health over the holiday season," said Jessica Davies, Assistant Health Director.

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

The three businesses with the most points will be entered in a drawing for prizes like the company's choice of a walking workstation or two sit-to-stand workstations (\$1000 value), \$500 towards their employee wellness program, or \$250 towards their employee wellness program.

"It's inspiring to hear stories of positive healthy habits reinforced during the challenge that stick with them post challenge like continuing to eat breakfast or making sure to get at least 15 minutes of activity each day." Davies added.

"We often hear from participants how nice it is to finish the holidays and not start off the next year ten pounds heavier," she continued. "An added 8-10 pounds greatly increases the risk of developing diabetes, heart disease, and other devastating and costly diseases. Maintain Don't Gain is the perfect program for employers wanting to support their employees with their well-being."

The holiday wellness challenge is just one of the benefits of membership to the Panhandle Worksite Wellness Council. Contact Jessica Davies at 308-487-3600 extension 101 or visit pphd.org/ppwwc.html for additional information about worksite wellness. The Panhandle

Worksite Wellness Council is proudly part of Panhandle Public Health District and specializes in supporting employers in the Panhandle region. We recognize that many employers support a diverse and remote workforce and offer innovative ways to overcome the challenge of working with a virtual team. We understand that many of our employers do not have full-time wellness resources and work to provide resources and training to make running a worksite wellness program as easy as possible.

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.