

NEWS RELEASE

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For immediate release

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Maintain Don't Gain holiday wellness challenge winners announced

Twenty businesses encompassing 388 employees from around the region challenged 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 ended on January 1, 2017 covering Thanksgiving, Christmas, and New Year's.

Businesses that averaged 1000 points or more as a team were placed into a drawing for larger prizes with 50% of the businesses achieving or exceeding the point goal. We are excited to announce the following winners:

- **1st Prize Winner** - Two sit-to-stand work desks
 - **Gardner, Loutzenhiser, & Ryan, P.C.** (Chadron)
- **2nd Prize Winner** - \$500 towards employee wellness program
 - **Box Butte General Hospital** (Alliance)
- **3rd Prize Winner** - \$250 towards employee wellness program
 - **Chimney Rock Public Power District** (Bayard)

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 challenge helps support positive health habits during the holidays and businesses enjoy the friendly competition among one another," said Jessica Davies, Assistant Health Director. "It's inspiring to hear stories of health habits reinforced during the challenge that stick with them after like being sure to get enough fruits and veggies or to get at least 15 minutes of activity each day," she added.

The holiday wellness challenge is just one of the many benefits of membership to the Panhandle Worksite Wellness Council. The next challenge, the Great River Road Race, will begin April 10. Contact Jessica Davies at 308-487-3600 extension 101 or visit pphd.org/pwwc.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.