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**ESEBT Board Report**

**May 2013**

* **The Wellness Challenge** **2013**
	+ **407** received an incentive for program period two (ended December 31st 2012).
	+ **375** actively logging in to date for Program Period I (January-June) 2013 (compared to 439 this time last year).
	+ **575** have taken the HRA for Program Period I (January-June) 2013.
	+ **Feel Like a Million** 12-week stress management program. 300 log books sent out January-March. To date 27 have been completed.
* **Seasonal Campaigns**
	+ **45 for 45-part of the Wellness Challenge**
		- 45 minutes of accumulated activity for 45 days-173 participants completed the challenge.
	+ **31-Day Eat Smart Nutrition Campaign** (part of National Nutrition Month in March)-152 participants completed the challenge.
	+ **Sit Less Move More-10 Day Challenge** May 8th-May 17th
		- Goal is to encourage more movement throughout the day targeting our more sedentary population. 150 participants.
* **Weight Watchers at Work**
	+ - 3 meetings: Garfield and Eisenhower, and Penny Creek (Longfellow meeting cancelled due to low attendance).
		- 62 participants have lost close to 800 pounds since November