

## **ESEBT Board Report May 2013**

- **The Wellness Challenge 2013**
  - **407** received an incentive for program period two (ended December 31<sup>st</sup> 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 8<sup>th</sup>-May 17<sup>th</sup>
    - 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