

Holiday WELLNESS CAMPAIGN CHALLENGE

Please complete this form entirely to help us describe your company/wellness program. Please return to utahworksitewellnesscouncil@gmail.com with supporting materials by **December 18th**.

COMPANY INFORMATION

Employee Name	_____	Employee Position	_____
Employee Email	_____	Company Name	_____
Company Size	_____	Company Industry	_____
Multiple Locations?	_____		
How long have you had a wellness program?	_____		
How many employees run your wellness program?	_____		

CHALLENGE DETAILS

Describe the challenge in a brief paragraph:

How many employees participated? _____

How did you promote the wellness challenge? _____

How much time did you put into running the challenge? _____

How much did it cost to run the challenge? _____

What incentive did you offer if any? _____

What would you change if you ran the same challenge again? _____

Describe your communication timeline for the challenge:

PARTICIPANT FEEDBACK

What did your employees enjoy about this challenge?

What would they like to see different?

Student - "Season of Giving not Gaining" Rules and Guidelines

Program Purpose:

During the holidays, it can be difficult to continue a healthy lifestyle due to the overabundance of holiday treats, stress, and irregular physical activity. **"Season of Giving not Gaining" is designed to help participants maintain their weight during the holiday season (November 16th – January 3rd).** Each week, there will be an optional healthy lifestyle challenge for participants to engage in.

Program Guidelines:

- Participation in this program is completely FREE for all UVU faculty, staff, and students.
- **All participants MUST register and weigh-in on either November 16th or November 17th in the SB Atrium, between 10 am- 2 pm.**
- The goal is for participants to maintain their weight (or be within 2 lbs of their first weigh-in) during the holiday season. *The goal of this challenge is to not gain weight. If you lose weight, you are still eligible for the grand prizes.*
- The final weigh-in will be **Jan. 4th and 5th in the Demonstration Kitchen (first floor of the Student Life & Wellness Center) from 11 am-1 pm.**

Weekly Challenges:

- There will be **6 optional weekly challenges** focused on different areas of health to help participants maintain and not gain weight. Participants will receive an email telling them what the challenge is on Monday morning of that week and also announcing the winner of the previous week's drawing.
- If you complete the weekly challenge, you must **email your full name with a statement that you completed the challenge to KirstenS@uvu.edu by the weekly deadlines listed on the back of this handout.**
- There will be **one \$15 Cinemark gift card given away randomly through a drawing held each week** for those who completed the weekly challenge.

Prize Eligibility:

- **Final Grand Prizes: To qualify for one of the 3 grand prizes, you must:**
 1. Participate in the initial weigh-in on Nov. 17th or 18th from 10am-2pm in the Hall of Flags.
 2. Participate in the final weigh-in on Jan. 4th or 5th at the Demonstration Kitchen (1st floor of the SLWC) between 11am- 1pm and **have *either maintained (or not gained more than 2 pounds)*** from the initial weigh-in.
 3. Those who qualify will be put into a drawing for one of three \$20 University Mall Gift Cards.
 4. Winners will be contacted by Friday Jan. 8th and announced via email to all participants.
- **To qualify for the optional weekly challenge drawings, you must:**
 1. Email KirstenS@uvue.edu by the deadlines listed on the on the back of this handout. One \$15 Cinemark gift card will be given out each week.
 2. Winners will be announced in the weekly email.

Outline of Optional Weekly Challenges

Email your full name with a statement that you completed the week's challenge by the deadlines listed below to KirstenS@uvu.edu. **The week of Christmas there won't be a challenge.** This means Week 6 challenge will begin on Dec. 28th and go through Jan. 3rd.

Week1 (Nov. 16th – Nov. 22nd): Rum Pum Pum Pum-Move Your Bum!

Get at least 30 minutes of exercise 3 days this week.

Email deadline: Monday, Nov. 23rd by 1 pm to KirstenS@uvu.edu

Week2 (Nov. 23rd – Nov. 29th): Silent Night

Get at least 7 hours of sleep 3 times this week.

Email deadline: Monday, Nov. 30th by 1 pm to KirstenS@uvu.edu

Week3 (Nov. 30th - Dec. 6th): Jingle Don't Jiggle

Incorporate strength training 2 times this week.

Email deadline: Monday, Dec. 7th by 1 pm to KirstenS@uvu.edu

Week4 (Dec. 7th - Dec. 13th): Peace on Earth AND in your Mind

Slow down and eat more mindfully this week.

Email deadline: Monday, Dec. 14th by 1 pm to KirstenS@uvu.edu

Week5 (Dec. 14th – Dec. 20th): Have Yourself a Healthy Little Recipe

Try a healthy recipe this week or incorporate a substitute to make your holiday meals a little healthier.

Email deadline: Monday, Dec. 21st by 1 pm to KirstenS@uvu.edu

*****Enjoy Your Christmas Break!*****

Week6 (Dec. 28th – Jan. 3rd): It's the Most Wonderful Time of the Day

Eat breakfast 3 times this week.

Email deadline: Monday, Jan. 4th by 1 pm to KirstenS@uvu.edu

***Remember to come to the final weigh in on January 4th and 5th
at the Demonstration Kitchen (first floor of the SLWC) between 11am-1pm**

Season of Giving, Not Gaining- Communication Timeline

September/early October:

1. Work with designers and anyone else involved in solidifying dates, times for:
 - a. Initial weigh-ins
 - b. Weekly challenges (there are six weekly challenges)
 - c. Final weigh-ins
2. Decide on incentives and get approval needed to purchase and give out those incentives.

Mid-End October:

1. Complete and print promotional materials

Early November:

1. Hang posters, disperse flyers, send out emails, post on social media, etc.

Week before Thanksgiving:

1. Hold the initial weigh-ins this week. This week is also the Week 1 optional challenge. Optional challenges will run for the next six weeks (minus the week of Christmas, we give them this week off).

Next 6 weeks after Thanksgiving:

1. E-mails go out each Monday to remind everyone of that week's optional challenge. Also, each Monday you should randomly pick a winner from the previous week's optional challenge.

Week after New Years:

1. Final weigh-ins should be held this week. After weigh-ins, you identify those who maintained, lost or did not gain more than 2 lbs. These people are eligible for the overall prizes!



RUM PUM PUM PUM MOVE YOUR BUM!

Week 1: Exercise for 30 minutes at least 3 times this week. If you are already achieving this, create your own goal.

Those who are physically active tend to live longer, healthier lives. Research shows that moderate physical activity (30 minutes a day) significantly contributes to longevity.

Recommendations—The American College of Sports Medicine (ACSM) current recommendations are:

- ***30-60 minutes of moderate-intensity exercise (five days per week)***
OR
- ***20-60 minutes of vigorous-intensity exercise (three days per week).***

Moderate-intensity means that you are working hard enough to raise your heart rate and break a sweat, yet still be able to carry on a conversation. Examples: brisk walking, golf (without a cart), bicycling.

Vigorous-intensity is a little more strenuous and means that it would be difficult to comfortably carry on a conversation while working out. Examples: jogging, running, swimming laps, jumping rope, and basketball.

Benefits—There are numerous health benefits to incorporating regular physical activity. Some include:

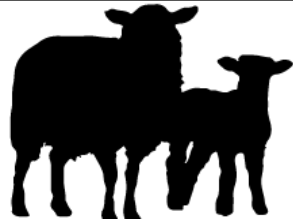
- Reduces the risk of heart disease, high blood pressure, certain types of cancer, diabetes, and lowers cholesterol.
- Helps maintain healthy bones, muscles, and joints.
- Reduces symptoms of anxiety and depression and fosters improvements in mood and feelings of wellbeing.
- Helps maintain a healthy weight, develop lean muscle, and reduces body fat.

Simple Ways to Incorporate More Movement

Most of us find it difficult to add exercise to our already busy day — even if we know the benefits. Remember that small steps can prove big results for your health. Simple changes you can make include:

- Park your car further away at the grocery store, at work, etc. to get a bit more walking in.
- Take the stairs, not the elevator.
- Take a 10-15 minute walk during your lunch break.
- Choose a restaurant with low-fat, low cholesterol options and walk to it for lunch.
- Take your children or grandchildren to the park.
- Take a 10-15 minute walk around campus.
- Wake up 30 minutes earlier in the morning, and start your day with exercise.
- Walk somewhere you would normally drive.
- Do some of your own housework.
- Stand when you would normally sit.

Resource:
American College Of Sports Medicine
American Fitness Council



SILENT NIGHT

Week 2: Get at least 7 hours of sleep 3 or more nights this week. If you are already achieving this, create your own goal.

Sleep is essential for good health and proper weight management! When you don't sleep well, you are more likely to skip exercise, overeat to help you feel less tired, and your ability to physically and emotionally deal with your daily pressures is compromised.

Not getting enough sleep can contribute to the following health problems:

- **Weight gain:** lack of sleep may lead to a change in how our bodies regulate appetite, leading us to crave more food. Lack of sleep can also change our basal metabolic rate, slowing down how many calories we burn throughout the day.
- **Decreased immune system function:** getting too little sleep decreases our body's ability to respond to the common cold or bacterial infections.
- **High blood pressure:** over time, lack of sleep can harm our body's ability to regulate stress hormones, leading to high blood pressure.

Tips for Better Sleep

Bedtime Routine

- By establishing a bedtime routine every night your body will soon recognize and create a pattern of when to slow down.

Sleep Conducive Environment

- Design your sleep environment to establish the conditions you need for sleep – Do you like it cool/warm? Quiet/background noise? Dark/some light? Make sure you are comfortable and free of interruptions.

Fall asleep only in your bed

- Making your bed the only place you sleep will create a better/deeper sleep. Falling asleep in other locations may result in lesser quality of sleep.

Stop eating 2-3 hours before bed:

- Certain foods may cause heartburn, which leads to difficulty falling asleep and discomfort during the night.

Finish exercising 2-3 hours before your bedtime

- Exercising sporadically or right before going to bed can make falling asleep more difficult.

Avoid caffeine close to bedtime

- Caffeine products such as coffee, tea, colas and chocolate remain in the body for 3 to 5 hours on average, but they can affect some people up to 12 hours later, which can prevent restful sleep.

Turn off electronics before bed

- Cell phone or electronic use in the hour right before bed can make people less likely to get a good night's sleep, more likely to wake up feel un-refreshed, and more likely to drive drowsy.

Resource:
The Mayo Clinic
National Sleep Foundation

JINGLE DON'T JIGGLE



Week 3 Goal: Incorporate strength training 2 times this week.

If you are already achieving this, create your own goal.

You know exercise is good for you, but if your aerobic workouts aren't balanced by a proper dose of strength training, you're missing out on a key component of overall health and fitness. With a regular strength training program, you can reduce your body fat, increase your lean muscle mass and burn calories more efficiently.

Use it or lose it

Muscle mass naturally diminishes with age. "If you don't do anything to replace the lean muscle you lose, you'll increase the percentage of fat in your body," says Edward Laskowski, M.D., a physical medicine and rehabilitation specialist at Mayo Clinic, and co-director of the Mayo Clinic Sports Medicine Center. "But strength training can help you preserve and enhance your muscle mass — at any age.

Benefits of strength training:

- Develop strong bones. By stressing your bones, strength training increases bone density and reduces the risk of osteoporosis.
- Control your weight. As you gain muscle, your body gains a bigger "engine" to burn calories more efficiently — which can result in weight loss. The more toned your muscles, the easier it is to control your weight.
- Reduce your risk of injury. Building muscle helps protect your joints from injury. It also contributes to better balance, which can help you maintain independence as you age.
- Boost your stamina. As you get stronger, you won't fatigue as easily.
- Manage chronic conditions. Strength training can reduce the signs and symptoms of many chronic conditions, including arthritis, back pain, depression, diabetes, obesity and osteoporosis.
- Sharpen your focus. Some research suggests that regular strength training helps improve attention for older adults.

Ways to incorporate:

- Resistance Bands
- Dumb bells
- Machine weights
- Use your own body

Additional Tips:

- If you are unfamiliar with strength training, don't worry! You're probably not the only one. Start somewhere. Doing something is always better than doing nothing at all.
- Start small. Learn one new strength exercise at a time. Work at it until you feel comfortable, and slowly learn additional exercises (one a day, one a week, etc.)

Resources:

*American College of Sports Medicine
National Academy of Sports Medicine*

PEACE ON EARTH AND IN YOUR MIND

**Week 4 Goal: Slow down and eat more mindfully this week.
If you are already achieving this, create your own goal.**

Mindful Eating

We all love to eat and it's important that we do! This holiday season, don't get stuck in the trap of eating mindlessly. Instead, tune into your body and eat when you are hungry, and stop before you get too full! You can do this by enjoying a variety of foods and eating more mindfully.

Don't restrict certain foods, as this often makes you want them more and you end up in a restrictive or overeating cycle. This gives food power over you and can make you feel shame and guilt.

When you practice eating *mindfully*, you can eat the foods you want, without feeling guilt, and focus on what's really important this season, which is family, friends and giving.

Let's look at how you are currently doing with eating mindfully.

Check off the following strategies you currently do implement when you eat:

- I rarely eat while I'm watching television, driving, working or reading.
- I listen to and honor my body's hunger and fullness signals.
- I balance my food intake with a majority of nutrient dense foods and allow my favorite "play" foods in moderation.
- I occasionally put my utensil down between bites.
- I take the time to look at my food and I decide what I want to eat first.
- I take time to enjoy the flavors, smells and textures of the food.
- If what I'm eating doesn't taste as good as I thought, then I choose something else.

If you feel lost and need additional tips to eating more mindfully, read below:

- When you eat when you are distracted, you tend to overeat because you aren't focusing on when your body is full. Try to eat without distractions so that you can stop eating when you are comfortably full.
- Putting your utensil down while you eat can help you to eat slowly. When you eat slowly you are less likely to overeat.
- Eat what you love first. When you save what you really want to eat until the end of your meal, you may not be hungry for it but you will eat it anyways because it's what you really wanted to eat.
- Most of us love food but we often don't take the time to enjoy the flavors, smells, and textures. Take the time to enjoy your food and you will be less likely to overeat.
- When you eat, notice if your taste buds become less sensitive. Food usually tastes the best when we first begin eating and as we continue to eat our taste buds become less sensitive. This is a way that our body tells us we are getting full.

Mindful eating is not something that can be done perfectly all of the time, but the more you practice it, the more it will become a habit and the more enjoyable eating will be!!

Resources
Intuitive Eating: Evelyn Tribole
Eat What You Love, Love What You Eat, Dr. Michelle May



HAVE YOURSELF A HEALTHY LITTLE RECIPE

Week 5 Goal: Make your holiday cooking and baking a little healthier this week! If you are already achieving this, create your own goal.

The holidays can make it difficult to eat healthy and feel your best. However, you can make easy substitutions to help your recipes and meals be a little healthier!

Recipe Substitutions

Applesauce:

Substitute applesauce for the butter/oil in your holiday cookie, cake and pie recipes.

Pumpkin:

Canned pumpkin makes more than just great pies. Instead of using heavy cream or butter in your mashed potatoes, mix in canned solid-pack pumpkin and a few dashes of your favorite spice or herb.

Broths:

Instead of sautéing your meats and vegetables in oil, try steaming them in a 1/2 cup of canned vegetable, chicken or beef broth. Not only a fat-free alternative, but tastier too! Canned chicken broth also can be used in place of butter to moisten the mashed potatoes on your holiday dinner table.

Cranberry Sauce:

Go easy on the gravy and opt for canned cranberry sauce on your turkey for a nutritious and fat-free option.

Vegetables:

Replace some of the bread in your holiday stuffing with canned chestnuts - a nutritious and different alternative. And to lighten your stuffing and add valuable nutrients, mix in canned, chopped vegetables, too.

Cocoa:

When holiday baking recipes call for chocolate, you can substitute three tablespoons of cocoa for every one ounce of chocolate in many recipes.

Evaporated Milk:

An easy way to make your holiday baking a little bit healthier is to substitute canned evaporated milk in recipes that call for cream.

Yogurt:

To top off your holiday pies, try using frozen or low-fat yogurt instead of whipped cream or ice cream. Also, when your holiday hors d'oeuvre recipes call for sour cream, use plain yogurt (perhaps drained to thicken it) to create holiday snacks that are delicious and healthful.

Eggs:

Use two egg whites to replace each whole egg in baking recipes.

IT'S THE MOST WONDERFUL TIME OF THE DAY

**Week 6 Goal: Eat breakfast at least 3 times this week.
If you are already achieving this, create your own goal.**

Why is it important to eat breakfast?

- Your metabolism slows down at night and reaches its lowest point right before you wake up. Breakfast will give you an immediate metabolism boost to help you jump start your day.
- Breakfast elevates your energy by raising your blood sugar level. Blood sugar, also known as glucose, is what our bodies and brains use for energy.
- Eating breakfast has been proven to be associated with regulating your hunger rhythms and keeping your blood sugar more stabilized throughout the day.
- Research shows that breakfast eaters are more likely to consume higher intakes of whole grains and several vitamins and minerals such as calcium, vitamin D, and vitamin C, boosting their likelihood of meeting nutrition recommendations as outlined in the US Dietary Guidelines for Americans.

Eating Breakfast can help control your weight.

- When you skip breakfast, you may feel ravenous later and be tempted to reach for a quick fix, such as candy from the vending machine. In addition, prolonged fasting — which occurs when you skip breakfast — can increase your body's insulin response, which in turn increases fat storage and weight gain.
- Eating breakfast gets you on track to make healthy choices all day. People who eat breakfast regularly tend to eat a healthier diet — one that is more nutritious and lower in fat.
- Eating breakfast gives you energy, increasing your physical activity during the day. A healthy breakfast refuels your body and replenishes the glycogen stores that supply blood sugar (glucose).

Excuses and Solutions to Eating Breakfast.

Excuse: "I'm not hungry in the morning."

Solution: Have a cup of 100% juice or a piece of toast for breakfast. Later, when you're hungry, eat something healthy like yogurt, low-fat string cheese, or a whole wheat bagel.

Excuse: "I don't have enough time in the morning."

Solution: Stock your kitchen with foods that are easy to prepare, like cereal, instant oatmeal, small bagels, yogurt, fresh fruit, or whole-grain waffles that you can throw in the toaster.

Excuse: "I'll gain weight."

Solution: There is no evidence to support the belief that eating breakfast will make you gain weight. In fact, skipping meals like breakfast has been shown to lead to overeating later at the next snack or meal.

Excuse: "I don't like breakfast foods."

Solution: Breakfast can be any food that you want. A slice of pizza, a sandwich, a smoothie, or leftovers all make a fine breakfast.

Week 1

Subject:

Season of Giving, Not Gaining Week 1

Body:

Welcome to your first week of the Season of Giving, Not Gaining Holiday Weight Maintenance Challenge!

This is the first of 6 challenges you will receive every Monday in your email inbox.

This week: Rum-Pum-Pum-Pum, Move Your Bum!

Get at least 30 minutes of exercise, 3 times this week.

See the attached document for tips and tricks to incorporate more movement into your daily routine.

Once you have completed the challenge, email us with your full name and a statement that you have completed the challenge, and we will enter your name into a drawing for the weekly prize! Each week, we are giving away one \$15 Cinemark gift card to an individual who completes the challenge.

Students should email KirstenS@uvu.edu.

Email entries must be received by 1 p.m. on the Monday after the Challenge email was sent to be eligible for the weekly drawing.

See the Challenge Rules and Guidelines for more information.

Have a great week!

UVU Wellness Programs

Week 2

Subject:

Season of Giving, Not Gaining Week 2

Body:

We hope your first week of the Season of Giving, Not Gaining Weight Maintenance Challenge went well!

With Thanksgiving this week, we encourage you to be mindful of your total wellness. To supplement that goal:

This week: Silent Night

Get at least 7 hours of sleep 3 or more nights this week.

See the attached document for tips for better sleep, and how sleep can improve your total wellness.

Once you have completed the challenge, email us with your full name and a statement that you have completed the challenge, and we will enter your name into a drawing for the weekly prize! Each week, we are giving away one \$15 Cinemark gift card to an individual who completes the challenge.

Students should email KirstenS@uvu.edu.

Email entries must be received by 1 p.m. on the Monday after the Challenge email was sent to be eligible for the weekly drawing.

See the Challenge Rules and Guidelines for more information.

Have a great week, and Happy Thanksgiving!

UVU Wellness Programs

Week 3

Subject:

Season of Giving, Not Gaining Week 3

Body:

We hope you had a very happy Thanksgiving!

As you focus on total wellness, and maintaining your weight, this week's challenge will help you balance your workouts for total health and fitness.

This week: Jingle, Don't Jiggle

Incorporate strength training 2 times this week.

See the attached document for strength training ideas, and benefits of strength training.

Once you have completed the challenge, email us with your full name and a statement that you have completed the challenge, and we will enter your name into a drawing for the weekly prize! Each week, we are giving away one \$15 Cinemark gift card to an individual who completes the challenge.

Students should email KirstenS@uvu.edu.

Email entries must be received by 1 p.m. on the Monday after the Challenge email was sent to be eligible for the weekly drawing.

See the Challenge Rules and Guidelines for more information.

Have a great week!

UVU Wellness Programs

Week 4

Subject:

Season of Giving, Not Gaining Week 4

Body:

We're halfway to the final weigh-in!

By completing these challenges, we hope you are feeling great.

As the holiday season really starts to set in, tune in to your body and eat when you are hungry, and stop before you are too full.

This week: Peace on Earth and in Your Mind

Slow down and eat more mindfully this week.

See the attached document for ways to incorporate mindful eating, and build this healthy habit.

Once you have completed the challenge, email us with your full name and a statement that you have completed the challenge, and we will enter your name into a drawing for the weekly prize! Each week, we are giving away one \$15 Cinemark gift card to an individual who completes the challenge.

Students should email KirstenS@uvu.edu.

Email entries must be received by 1 p.m. on the Monday after the Challenge email was sent to be eligible for the weekly drawing.

See the Challenge Rules and Guidelines for more information.

Have a great week!

UVU Wellness Programs

Week 5

Subject:

Season of Giving, Not Gaining Week 5

Body:

Merry Christmas!

This week will be the last challenge before our final challenge December 28th through January 4th, and the final weigh-in on January 4th.

Christmas is here, and so are all the decadent baked goods we love so much. There are great ways to have the Christmas goodies, and still eat healthy to feel your best.

This week: Have Yourself a Healthy Little Recipe

Make your holiday cooking and baking a little healthier this week.

See the attached document for easy substitutions to replace less-healthy ingredients in your favorite holiday recipes.

Once you have completed the challenge, email us with your full name and a statement that you have completed the challenge, and we will enter your name into a drawing for the weekly prize! Each week, we are giving away one \$15 Cinemark gift card to an individual who completes the challenge.

Students should email KirstenS@uvu.edu.

Email entries must be received by 1 p.m. on the Monday after the Challenge email was sent to be eligible for the weekly drawing.

See the Challenge Rules and Guidelines for more information.

Have a great week and Merry Christmas!

UVU Wellness Programs

Week 6

Subject:

Season of Giving, Not Gaining Week 6

Body:

This is it! The last week before your final weigh-in.

The **final weigh-in will be held January 4th and 5th in the SLWC Demo Kitchen (1st floor) from 11am-1pm**. If you have either maintained (within 2 pounds) or lost weight since the initial weigh-in, you will be entered into a drawing for gift cards to University Mall in Orem.

As the challenge wraps up, and the New Year kicks off, remember to focus on physical wellness as a combination of health and fitness. Part of being healthy is putting good things into your body so it can function as efficiently as possible.

This week: It's the Most Wonderful Time of the Day

Eat breakfast at least 3 times this week.

It may seem a little counterintuitive to eat to maintain or lose weight, but breakfast is the most important (and most wonderful!) meal of the day. See the attached document for more information and ways to overcome your breakfast-time excuses.

Once you have completed the challenge, email us with your full name and a statement that you have completed the challenge, and we will enter your name into a drawing for the weekly prize! Each week, we are giving away one \$15 Cinemark gift card to an individual who completes the challenge.

Students should email KirstenS@uvu.edu.

Email entries must be received by 1 p.m. on the Monday after the Challenge email was sent to be eligible for the weekly drawing.

See the Challenge Rules and Guidelines for more information.

Have a great week and Happy New Year!

We will see you on January 4th and 5th for the final weigh-in!

UVU Wellness Programs