



**Evaluation:**

**Why was this initiative successful?**

Overall it has been a great reenergizer as it begins in January. Overall, our company has lost over 600# year 1, and over 300# year 2. Participants are also reporting 3.5 times more activity than the year before. It's also easy for the coordinator.

**What did employees like/not like about this initiative or receive from this initiative?**

The team camaraderie was great. Teams have organized other events, like salad potlucks and ping pong tournaments in our wellness centers with smoothies. Our first year we also provided a free 6-month membership to our fitness center to those that completed it (it's now free for all employees).

**What would you do differently if you were going to implement this again or what words of advice would you have for another worksite looking to implement this initiative?**

Empower employees to enter in their own data. We've found this year that employees have used the website much more. However, we still send a weekly e-mail to them with links or the text of the updates to the website (the tips). That way it serves as a simple reminder to log in, or allows them to print off the e-mail rather than taking the time to go to the website to read the updates.

**Attachments? Please check here if you have attachments that further describe your initiative and that you are willing to share with others.**

No