

Employee Wellness



"I get employee's poppin' into my office with health related questions all the time now. They are excited. This competition has definitely created an awareness in their minds."

- Brian Hunt, Health Manager, Nu Skin Enterprises

Holiday Weight Maintain CHALLENGE!

Fighting the Holiday Weight gain just got more interesting!

Join the Utah Holiday Weight Maintain challenge and see if your company will lose the highest Percentage of their weight

how it works

benefits

The challenge will provide a fun and entertaining twist to your health promotion efforts. It will also generate significant PR opportunities for your company and motivate your employee's to live healthy lifestyles. Other benefits include:

- "bragging"
- good press
- healthier employee's
- affordable
- increased company morale
- decreased employee absenteeism
- more productive employee's
- demonstrate commitment to wellness

1 EMPLOYEE WEIGH IN

Each company will have one week to **weigh in** and one week to **weigh out** each participating employee. That way every interested employee will have their weight officially recorded by a member of their employer's HR staff.



2 ONLINE TRACKING

Employee's log onto ehealthcompete during the seven week challenge to record their weight loss and exercise progress. As they enter their results, the leader board is automatically updated to display the leading company – in Real Time!



3 WINNER!

The eHealthCompete Team will then process each company's results, match it with the leader board entries and reveal Utah's winning company!



Weigh in begins Nov 13th

Competition starts Nov 15th - Jan 3rd



"I loved being able to easily track my progress in weight loss and in exercise. It was fun to see my name move up on the leader's board. I could hardly wait for each Monday to come so I could record my new lower weight. With the jump start the competition gave me, I have lost 51 pounds."

-Janice Walker, Nu Skin Enterprises

My Home > My Competitions > Competition Details

Leaders Hide

as of 4/25/2005 2:49 PM

#	Name	%	Update
1	cjdunfor	5.19	4/23/05
2	lkillpack	4.73	4/23/05
3	rgmaddox	4.67	4/22/05
4	smfarnsw	4.49	4/23/05
5	Shells	4	4/23/05
6	ljones	3.92	4/25/05
7	Nina	3.29	4/21/05
8	chilton	3.27	4/21/05
9	Nafarias	3.24	4/24/05
10	leitaf	3.18	4/22/05
11	mnelson	3.08	4/25/05
12	ElaineS	3.05	4/25/05
13	zhummerz	3.02	4/24/05
14	Stan	2.94	4/24/05
	thewal	2.84	4/25/05
	80		4/18/05

Holiday Weight Maintain Company Challenge

Time remaining: 2 months 7 days 0 hours 16 minutes
 Started: 4/4/2005 Ends: 7/1/2005

Last Week's Winners! (Sun 4/17 through Sat 4/23)

Percentage Weight Lost
 Rkidd led the way last week by losing 1.58% body weight, followed by Tilly_tre with 1.48% and Zhummerz with 1.32%

Minutes Exercise
 Jdangerf won with 594 minutes, followed by alexandraliu with 528 minutes and Chad Blodgett with 462 minutes

Comparison Graphs No graph? click here to download the free Flash Player plug-in.

Comparing Minutes Exercise Over Time

Graph

CASE STUDY

Seven Companies in Salt Lake City, Utah, competed to see which company could lose the most weight during the holiday season. Hundreds of employees turned out to weigh in and help their company come out on top.

Local News Stations covered the story, featuring each company and the efforts they made toward improving their employees' lives.

In the end, the winning company lost over 530 lbs. The second and third place companies each lost a tremendous amount of weight as well.

Best of all, most employees avoided the usual holiday weight gain – and reported feeling more productive at work.

PRICING

Companies pay a one time, flat fee of \$399 BUT if you register before November 1st you will **SAVE \$100.**

Early Registration
 Payment Deadline: November 1st 2006
 Price: **\$299**

REGISTER TODAY

Space is Limited!

To Reserve your spot today call or email:

Chad Blodgett
 Tel: 801.443.4823
 cblodgett@ehealthcompete.com