

Attitude Of Gratitude Comments:

I think this was THE best wellness program to date!!

I began a daily gratitude journal on January 1st and plan to make 365 entries during 2013.

I see a great change in my overall attitude toward life. Due to your wellness programs I have lost 50 pounds and of course feel better about everything I do!

These programs really help to keep personal health and well-being in limelight.

I saw a lot more smiles!

I love these programs! Compared to a few years ago, I am extremely healthier both mentally and physically than I have ever been! My family has noticed the changes as well! Thank you so much for all you've done!!!

Another EXCELLENT EHA program. There is such a variety of EHA programs. This was a good way to focus on others instead of ourselves. The following is a suitable quote for December's program: "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." by Maya Angelou. Thank you for a good program!

I am not where I want to be as far as taking better care of myself, but these wellness programs have made me more aware of what I am doing and should be doing. Thanks for the boost I so desperately needed.

I also made my 7 and 9 year old participate in this it was fun to do as a family.

Making the effort to personally think about and express gratitude to others on a daily basis prompted me to model these behaviors for my students and encourage them to do the same. We expressed gratitude/thanks many times this past month, both verbally and in form of thank-you notes! Many people, staff and family members, commented on how nice it was to have the students do this. It was a positive experience for them (and me) and hopefully I have taught them a life-skill that they will maintain throughout their lives!!

I witnessed several instances where teachers asked their students to consider how to have an "Attitude of Gratitude." This program impacted our students as well as our staff in a very positive manner.

When I told my family, at first it was kind of a joke to say and write nice things to each other. I shared with them that the memory of an actions can be revisited, but the memory itself can dull with time. A written note is something that can be re-visited time and again, and will never change. The feelings expressed in writing will always be as strong as the day they were written.

Beat The Heat Comments:

Very practical, we constantly need reminded to drink more water!

Drinking a lot water now, never new how much water I wasn't drinking before.

I am almost completely off pop...yahoo!

Thankful for the programs.

This program did make me stop and think about how much water I was drinking each day. Accountability is a good thing.

Great Summer Recipes!

Good information in emails and I applied a lot of the information to my outdoor activities which has helped me and my family.

Good reminder for everyone. Water helps in many areas. Please do this one again next year.

While I have always been a big water drinker, it was good to pause this past month and take note of just how much I was taking in. The program brought me to that pause. Thanks.

Since this I have been faithfully drinking more water.

Very informative. Learned how important water is.

These sessions are very helpful and I'm glad to be a part of the program

With the type of excessive heat we experience in Kansas, you cannot help but keep hydrated. It is a key point we express with our workforce.

Drinking water is very good for you.

Most of us in Kansas have learned how important it is to stay hydrated. It is even covered on the local news.

Love all this...keeps things in perspective!

Benefits Of Beans Comments:

Loved all the bean facts. Very Interesting! My Granddad lived till 96 and contributed his long life to beans. He ate beans everyday

Adding beans was easier than I thought it would be. I heated and mashed some white canned beans to mashed potatoes. I heated and mashed some white beans to a white-sauced pasta dish.

This was a good program. I liked beans and water before participating in this wellness segment. Kudos to the Wellness team!

Even though I didn't lose weight I maintained my weight and didn't gain, that's good for me.

I tried three of the recipes and was pleasantly surprised at how good they were.

I was introduced to beans I hadn't ever eaten before!

Proteins are very important.

Tried to think of adding beans much more often to meals.

I did not realize that beans were such a healthy food.

Excellent information! I have been eating beans since i was a child.

Usually I print off the recipes. This time I found myself printing the facts.

Excellent program!

Great recipes!

I made the hummus and the veggie chili and both were very good.

Learned some new fun facts about beans.

Excellent recipes!

Be Ready Comments:

This was fantastic. It made me realize how much I take for granted. 1 week after I “winterized” my car, I got stuck in a snowstorm and would have been lost without all the stuff that your program had told me to pack. So you saved me!

I read and forwarded to my husband all the preparation tips-we have been advocates for preparation and were really surprised at the ideas and suggestions we had not thought about. It has increased our awareness of 1) the need for preparation, 2) what we need for preparation, and 3) how to better prepare our children. I love the emails and enjoy the recipes. I have been much more aware of what I need to be eating and how it affects my energy and motivation-what an amazing awareness. I am looking forward to reading labels because I have never really been taught-sad to say. Thank you for everything.

I feel that I am now very prepared in case of an emergency. I am an 86-year-old retiree, living alone so getting prepared has been a very positive experience. My daughter records my information since I do not have internet. Thank you for a great program.

I am new to the wellness program and this was my first event. I really enjoyed the interaction!

I love your program...I love the reminders...makes my life so much easier. Please keep up the fantastic work!!

The Be Ready Program has inspired us to do the following in the month of April...

- Learn how to turn off the power, water, and natural gas to our house,
- Update the beneficiaries on our life insurance policies,
- Complete living wills and last will and testaments,
- Backup our hard drive and store it and other important documents in a waterproof, fire proof box
- Our CO detector is plugged in to a power source,
- My family has a fire escape plan,
- We have tire-changing tools and first aid kits in both cars,
- Our fire alarm has batteries,
- We have an evacuation box ready to go at a moment's notice,
- We have a list of additional items to pack in case of an emergency evacuation,
- Our cars contain WY winter travel kits complete with blankets, food, TP, water, flares, flashlights, lighters...

I didn't realize how being prepared for an emergency can save a lot of time and money. All of the programs have been very helpful and encourage health.

Brighten Your Smile Comments:

I like the Small Steps; I think the overall program is surprisingly good. Somehow little constant daily reminders, small things that one can do instead of large reforms all at once, are going to be more successful making people habitually mindful of behaving in healthy ways.

The program actually encouraged my husband and I to go into the dentist. Unfortunately, it had been a couple of years since we had been in, and we were lucky to not have any serious damage to our teeth. The Dentist was very pleased to hear my worksite was doing such a program! Thanks again for the dental floss.

I never flossed before and now I floss every day. I took very good care of my teeth before but now it's better. Great Healthier Wyoming program!

I think these programs are great! They are educational and motivational. Keep them coming. My goal is to do all 7.

I think it is an awesome way to encourage people to change habits. I already brushed regularly but flossing was never as consistent. This has reminded me to make flossing just as consistent. These "small" steps/changes one at a time are helpful in changing behavior without feeling overwhelmed. It is a great process!

This is a great program it has several of my coworkers excited about seeing what is new on the website each month.

I meant to add to my evaluation of this program is that my dental hygienist has been trying for years to get me to floss my teeth, and I am FINALLY flossing my teeth now, thanks to this program. Thanks!

I did it every day!!! For me trying to remember to floss everyday was tough. I have finally found a routine and my three year old son and I now floss and brush every night before bed.

Very easy to understand a kept track of.

I floss pretty regularly, but this always reminded me and kept me honest about it!

A good reminder.

Keep up the good work with this program. It has inspired me to become more health conscience.

Calories Count Comments:

It's a good program. Generally I follow this, maybe not as much fruit as two servings daily, but pretty close.

Making sure I ate the two fruits and three veggies kept me from being hungry and reaching for unhealthy snacks - overall I have felt better and have been more conscious of eating healthy. Thanks for the challenge.

Thanks for this program. I also have begun walking each day. My wife has joined in and been a big support as well as finding success also.

Our family already does 2 fruits/3 vegetables consistently, so it was easy for me, but I can see where it could be a fantastic awareness activity for those who don't.

My wife and I had started a basic diet and exercise program in early June. Your program was just the niche I was looking for to give me positive motivation. Your approach using daily emails to track progress was great. Also, your initial colored brochure mailing was very professionally done. It is this type of awareness program that catches the eye. I am confident I will continue to improve my health by losing additional weight through advice gained from the website. Hopefully by the end of the year, I will have achieved my weight loss goal and be on to a healthier longer life. THANK YOU VERY MUCH FOR MENTORING ME.

I have led a healthy lifestyle before this system was implemented.

I really liked how easy you made it for us to record our progress. In our jobs we travel a lot. I would like more assistance choosing a good diet on the road.

I like that Wyoming does care about health matters and I think programs like this are fun.

Easy to track.

The program gave participants the opportunity to be aware of how many fruits and veggies they ate each day, in turn making them more aware of other things going in their mouths. Setting a guideline/goal also forces a certain amount of planning on the participant's part, another good thing.

I think this is a great start at getting people to become more aware of their food choices. Although I try to maintain a healthy diet, I found that participating in this program made me think more about what I was choosing to eat. It also made me feel more accountable for what I was eating.

Catch The Waves Comments:

I became more aware of the noise frequency levels in my immediate environment and I have taken the steps protect my earing. Thanks for the program.

I always learn something! Thank you and keep the Plane Healthy programs coming!!

In my opinion, the daily e-mails of this program were the best of any program since Plane Healthy began.

Awesome!

Working in aviation for almost 22 years I am aware of hearing health issues. During the program I was surprised to hear co-workers discuss what they did not previously know. It was interesting because I always took protecting my hearing as common sense.

Great!

While I know about vertigo from 1st hand experience, it was good info to help those I work with to know more about this ailment.

I bought some ear wax remover to see if it helps. Never knew there was such a thing.

All of the programs have been very informative and educational. I look forward to being a part of the programs. Thank you.

One of the most informative /relevant PH series.

The entire time this program was going for the month of August, I was having ear infection problems. I lost the hearing from both ears for a time. I can attest that unless someone is speaking straight at you, I could not hear them. I had to rely on lip reading. So these were extremely helpful while I was going through this problem. I am happy to report that my hearing has been restored but I will not forget what you have taught me. Thank you!

I put cotton in my ears when I mow my lawn. Thank You!

The information on ear health has scared me straight. I no longer take my hearing for granted.

Color Your Plate Comments:

Feel great and love your program. This kind of structure works so well for me and I am motivated because of it! I am really starting to see personal success.

Thank you so much for all the helpful hints!! My husband comments all the time how there is “nothing” to eat in the house. I was pleased when the kids informed him the fridge was packed with lots of fruits and veggies to snack on!! So proud of our family’s lifestyle changes with the wellness program’s help!!

Love your programs. Really keeps me conscious and truthful about my programs. I feel much healthier since starting the EHA wellness programs. Thank you so much!

The color your plate idea was so simple and I found it popping into my brain!

I am feeling good about myself. My daughter saw a picture of me and said that it looked like I had lost weight. Made me feel good!

Because of EHA Wellness it is easier for me to stay on track with eating healthy and working out!

These programs are so good as they make me want to complete them and to become healthier. I have always been very health conscious but this helps even more. Thank you for a job well done.

I like that we can directly access the site from our email to record our day without having to log in. I’m terrible at remembering passwords.

I do not like to eat vegetables. Seems like a waste of time when I can take a vitamin instead but I love this program and am quite stubborn. Soooo, I have been eating my green beans and oranges and can say that I do feel better! Much better. In fact, I’m still eating those green beans even after the month is over. They are quite filling. Maybe, just maybe, I have permanently changed my eating habits in a great way!

The ease of use and daily reminders are most helpful in creating sustainable healthful habits. I have encouraged my spouse (who does most of the cooking at home) to incorporate the EHA guidelines and can see an improvement in our diet and our well-being!

When I fit all 5 servings into my day, it “filled me up,” and I didn’t seem to want to eat a lot of foods which were not such good choices. The program made me plan my meals much better - and thus eat better overall.

Common Cents Comments:

Most of it was common sense, but I will be doing a little more organizing of my financial affairs and will be establishing a regular review of my financial status. I intend to get copies of the book for my children. Some can use it more than others.

All these programs make you think and it tends to change your habits little by little. Thanks!!

Refreshing experience!

Both my husband and I have always believed in paying bills and saving but seeing this program being offered to everyone who does and does not have the financial success is an excellent way to educate people from all walks of life.

The book is good, great points to be made on saving and spending. I am still going over and will keep it with me.

The book is very good, read it and still reading and going back over the 10 steps that I think can help in the long range.

Enjoyed this one!

I appreciate the timeliness of a financially related program now.

Still working on everything. I am very excited to get things on track.

Very informative.

I have learned the importance of keeping track and I understand about finances more thanks to this book.

Excellent book and exercises.

Loved the book and the tips are great. Have really helped out.

This is a great book I'm sharing with my adult children I wish I had this last year I would be in better shape.

Eat Right For Life Comments:

It was a great reinforcement of how I try to eat!

This is such a great program I was able to focus on eating right and making sure I drink 48 ounces of water daily.

Really great program.

Great program!!!!

This is a great program, that help feel great about myself.

All of these programs are EXCELLENT!! Thank-you!!!

More energy due to eating the right foods/portions in increments in a given day

This was a great program that helped me continue my goal of losing weight. The book was easy to follow and worth reading.

My husband was recently diagnosed as a borderline diabetic. The book was extremely helpful in planning our grocery shopping trips. We have incorporated better food choices like berries, nuts and seeds into our diet for snacks. His A1C has dropped to 5 and my cholesterol is down 40 points (with diet changed and a statin).

Enjoyed taking this course and was very helpful on putting me back on track again.

Recipes as always are great! Nice to try something in a new way!

It as a great program.

It was a great reminder every day to be sure to have fruit/veggies and drink your water.

Love Dr Anne...she makes evaluating food so simple...I am onboard!

I liked the book. It is a very good reference guide.

Eye On Health Comments:

Before the Eye on Health session, I constantly pushed myself when in the office to “get more done”, resulting in hours and hours in front of the computer. My eyes would often feel strained and blurry at the end of the day. Now, I make sure to take “eye strain breaks”, using the 20-20-20 rule, and it’s helped a lot!

I experienced something I had read about or heard about which was flashes of light followed by showers of “floaters” I got right into the doctor and had two retinal tears which were fixed immediately by laser. I was able to go to the eye web site listed on emails from this program to learn more about this condition. Thanks for including that resource.

This not only helped me while on my computer, but I am an avid knitter, and I used the 20-20-20 rule there as well.

I enjoy doing these wellness programs, they are easy and make you aware of many health issues and ways to make sure you don’t continue down the wrong path with your health.

My husband is an eye doctor and I STILL learned from your info. Thanks!

I used to feel so guilty about having to look away from the computer screens after staring at spreadsheets and e-mails for hours at a time. Now I don’t feel bad about looking out the window every 20 minutes or so to give my eyes a break because I know it’s normal and healthy!

Enjoy thinking about my health on a daily basis...this program helps me do this.

Keep up the good work, really enjoy these programs.

The 20-20-20 was GREAT! It was so helpful, especially at work.

I’ve been wearing eye glasses for 45 + years. I thought I knew a lot about eye health, but this program educated me on many eye diseases that I was completely unaware of. Keep up the good work.

I found this program very interesting. I take eye care very, very seriously.

I got my eyes tested and have ordered new glasses.

Fitness That Works Comments:

Awesome!

These programs are an excellent help to me with my fitness.

The book was excellent and I am working on all the squats exercise which I am enjoying.

The book was well written. I liked that it provided options/ideas of how to incorporate exercise into everyday activities, especially for busy lifestyles when going to a gym is not always possible,

These programs are the BEST!! Keep up the Great work...

Insightful book!

This book is one of the best that I have ever read from one of these programs. The exercises are very simple but effective.

Great tips in the book - it is a great resource.

Shared the book with my spouse who found it very helpful.

This book was very helpful and easy to understand.

I enjoyed it very much.

The balance is not easy. Started as very poor (less than 2 seconds for left foot) to average poor (6 seconds) by end of the month.

I didn't realize how much balance and strength I had lost. I am inspired to improve it now.

This Program educated me more for exercise and health.

I enjoyed exercising during and after because my family joined me. Now we exercise together every day. And they also enjoyed the meals I made using the recipes in the book.

Flab On Fire Comments:

I really like the tracking part of this program. I find that accountability really helps keeps me going. I know no one really cares if I workout or not, but it makes me feel like I'm getting a grade or something, without this motivation, I'd probably not do as well. However since it's a new month and flab on fire is over, I am still have been working out and moving as much as possible. A VERY BIG THANK YOU!!!!

My co-worker and I agreed to continue the FOF through the month of January at work during our break minimum 3 times per week. :)

I really loved recording my progress. It held me accountable; I really needed that in December. It is so easy to make excuse not to exercise because you are busy.

Since the beginning of October have lost 15 pounds. YAY!!!

I started a healthy eating regiment and exercise program about a year ago but since I mentioned participating in Flab on Fire, several other fellow teachers have been exercising. We have had great conversations during exercise time.

Very helpful program that can be done at work or home. Love it.

I really enjoyed "Flab on Fire" program and I feel it is a great innovative way of encouraging people to take charge of their health and well-being.

I become aware of some habits that were not helping my health because I identified them I decided I wanted to change. I felt empowered. I wanted to do well. I was also motivated by the title, "FAB on FIRE"

I had gotten a little after the habit of making time for exercise after the weather got colder. The program was also at a great time, between Thanksgiving and Christmas/New Year's, when life is busier and there's more unhealthy food around. "Flab on Fire" was the perfect incentive that I needed to get back on track and stay on track in the New Year. I also got a chance to enjoy playing basketball and tennis during December, both sports I wouldn't have been able to join in with as easily if I hadn't been exercising regularly.

Tracking was excellent and easy.

The month started out great! The holidays were hard with all the sweets/treats! THIS PROGRAM HAS HELPED!

Fun In The Sun Comments:

The emails are great, very slick, efficient, and helpful. Better than other similar kinds of programs I've been part of. Put another way, this system is easy to use and effective.

I love to tell health professionals in MT and friends across the country about this great program!

Thank you so much for the wonderful programs. This is such a great perk in regard to working for the state.

I've always drank way more than 40 oz/day. What caused the loss in weight was a continuation of the 10,000 steps program initiated two months ago. I've lost 1 inch in my belt size in the last three months (almost 15 lbs), and both numbers of my blood pressure have gone down almost 10 points in the last three months. Of course, with more vigorous workouts, I tend to drink even more water.

As the programs have progressed I have definitely become more conscientious about how I eat, drink and exercise. Have lost around 10 pounds and feel better about health awareness. I really think you are going down the correct path of prevention vs. treatment. My overall goal was to lose a minimum of 10 pounds and I definitely hit that. Thank you and am looking forward to this year's program!

I have always been a BIG water drinker. Never liked the sodas or fancy drinks. But this month brought it all home in a big way. I got sick, had emergency surgery, but have bounced back quickly. I have to give part of the credit to this and the previous programs that got me walking and focusing on my health. Drinking water is so important after surgery. It really helps the healing process.

I like the fact that this series of programs provides manageable "bites" of positive health and lifestyle changes and then takes a break for a month to increase odds of success.

Thanks again for a positive month and reminders to stay hydrated and healthy. Whoever picks the subject matter for these programs has been doing an excellent job. Thank you.

I have been healthier this year than I have been in 15 years! I appreciate you helping us stay aware of what we can do to lead a healthier lifestyle. Thank you!

It seemed like every week was written just for my lifestyle.

Since beginning to be engaged in the program I have lost over 25 lbs., but more importantly I feel better!

Go Nuts Comments:

I like nuts so this was easy.

A lot of good facts about nuts I didn't know before. Now I definitely will incorporate more nuts into my diet.

I am a fanatic nut eater, so what I learned during this program reinforced my behavior.

Thanks for the helping me learn about the benefits of nuts and suggestions about eating them.

Thanks for this program. My whole family is eating more nuts instead of sweets due to this program.

I've always eaten nuts like walnuts and almonds. Now I know there are many other nuts that offer good health benefits as well.

I had no idea the nut varieties had such an impact on health and diet.

I need to have at least 60 grams of protein a day. I had been eating nuts every day as a snack to help pad the protein I need. I didn't have much variety though. I've added other nuts to my snack.

I never was one much for eating nuts. This activity has enhanced my interest and participation in doing so.

I love nuts so this was both fun and delicious.

Good information, great recipes.

I've enjoyed participating in the Plane Healthy program throughout the year. It has helped me to focus more on my day to day health habits and I feel that I've made a positive change.

Keep up the good work!

The whole program has made me much more aware of the better for you things to eat and do.

We now always keep nuts handy in the kitchen which helps us to remember to eat at least an oz a day.

Almonds have always been part of daily habit.

Grand Teton Comments:

My doctor was impressed with the weight loss. It was easy and just trying to keep up with the challenge kept my mind off trying to lose the weight - it just happened :0)

I feel that the length of the program is beneficial as it seems to have helped me to change habits. I am much more aware of how important balance is to my healthy lifestyle. Thank you for providing this program. I am new to the State and I think this is my favorite benefit. That is not to say that I don't value ALL of my benefits - especially health coverage. Thank you, thank you!

I loved being responsible to somebody - even a website! It was very motivating. Thanks for this opportunity.

All of these programs have helped with my well-being.

The length of the challenge was good for me. I am continuing these guidelines without the challenge now, especially the nutrition, because it is such a positive approach to well-being.

I really like the daily reminder to update. Helps a lot.

It made my whole family eat healthier.

- best wellness program yet.
- challenging but doable
- liked having program run for 6 weeks
- lost 5 pounds

It is good to be reminded each day.

This program helped me catch prostate cancer at a very early stage...I'm now at 1 year cancer free and getting healthier each month. Thanks!

I definitely, liked this program as I had just had surgery on my knee and this helped me to work harder on my home exercises, as to get more strength back in my knee, according to the therapist I have been an over achiever, making the healing process a winner. Thank you for this program of fitness.

This was a very creative approach to a wellness program, using the scaling of the Grand Teton as an analogy for keeping on and not giving up.

Healthy Breakfast Club Comments:

Eggcellent! :) We all know better, just a little encouragement goes a long way! Thanks! I feel I waste less time at work because I do eat breakfast at home!!

I had a check-up last week and my blood pressure was the best it has been in 23 years. Medicine was decreased!

The short positive emails were something I looked forward to each day. I felt immediate results on my body. Though I did not lose weight, I felt I lost inches. Incredible! Where have you been all my life?!

I now eat a healthy breakfast every morning. Before, I never ate breakfast.

Absolutely love the egg muffin pan! Makes eating breakfast easier because it's so fast. I actually have time to eat. :)

The egg cooker thing is the only useful/good 'freebie' I've gotten in all the time I've participated with this program. I LOVE IT and use it at least 3-5 times a week.

These programs are so helpful to all that are trying to stay fit and beautiful!

We are like a "kid with a new toy" with our Egg Muffin Pan!! :)

I absolutely love the egg muffin pan - and have heard nothing but positive comments from co-workers about eating healthy breakfasts. This program, and especially the daily reminders, helps us to focus on small steps to improve our overall health. Thanks!

I love the direct link to log in to complete the program. I have too many usernames and passwords to remember, this process was painless and was easy to do!

It does motivate me to be able to check off a day, so on some days when I was going to skip a proper breakfast I went ahead and took the time to do it right.

Participating in this program made me feel healthier and had given me a lot of energy to come to work every day. I feel a lot happier now about my health than before joining this program. Thank you so much.

Healthy Dinner Club Comments:

I really love this program. It helps me to stay on track in my healthy eating and portion sizes! I will continue to enroll in all of your programs - really they are the greatest!!

I have been attempting a healthier lifestyle since January. I've lost 35 pounds! I was at a plateau and the Healthy Dinner Club was just the boost I needed to keep me focused and on target. Bring on Flab on Fire!

I really like the support from my employer. I try to eat right at home and tend to forget at work - this helped a lot.

This program got me back on track. I was in a bit of a slump, because going back to school in the fall made it difficult to keep my same routine for exercise and eating. I'm now back to incorporating 30 minutes of exercise a day to be on track for the next program in December!!! Having to be accountable and log progress helps to keep me on track, and motivated to do so! Keep up the good work, this program is great!

Love the programs, even without any drawings or cash incentives, it helps to record progress & see progress.

By including exercise and portion control in my diet I was able to lose 9lbs in 28 days. I feel great and love that I as of today 11-11-11 I have lost a total of 12lbs. Buying new jeans has never felt so great. :)

I liked the tracking and being able to talk to others doing the same program about their progress.

I love the new program. It is so easy to use.

I like the daily reminders! Very well organized.

I know that I didn't do a good job of reporting my progress - however, I LOVED the daily emails and recipes. It has really opened my eyes to the importance of portion control. I look forward to the next program. It was also nice that EVERY email included my code - so EASY to use. THANKS!

Probably the first time ever that I've had fruit and vegetables at least once every day.

My family loved this plate. Especially my 9 old son. It is a great visual and encouraged us to think about our eating. We are healthy eaters, for the most part, but portion control isn't always there...thank you for an awesome plate!

Healthy Directions Comments:

I am type II diabetic and my A1C went down one whole point throughout these past few months - thanks to this program and my being accountable! Woohoo! No insulin for me!

I'm loving taking care of myself!

I started the program a year ago and now I eat more vegetables. I also started an exercise program as you suggested 30 min. almost every day. I'm so glad that I joined EHA Wellness. I have better health today than a year ago. Thank you for caring.

Our two Wellness reps do an excellent job of encouraging and promoting health, exercise, positive attitudes and wellness in our building in participation in these campaigns such as this and many other ways.

I lost over 8 pounds and am loving it! Thank you for holding me accountable.

I had a heavy workload this month 10-14 hours per day, especially the last week. I was able to complete it fairly comfortably and stay healthy during the stress. I like the monthly goals. Thanks! The daily e-mails are good reminders to stay focused on your health. Without that, you can't help anyone or do the work.

I enjoy your programs. I will soon be going on Medicare. It would be wonderful if there was a way to be able to continue to participate in your programs. They are very beneficial!

The emails have made me more aware of my eating and the components of my diet. I appreciate all the time and effort that your staff makes to help me be a healthier me!

I thought this was one of the best programs ever. I have saved every day's messages.

Following these programs through Wellness has increased my desire to be good to myself in other areas of my life as well as in the health areas touched on here.

I love these challenges and would like to continue doing them throughout the summer months if it would be possible. :)

I have really enjoyed this program. Health matters and EHA Wellness has given me the incentive to be a better person in that I am exercising, eating better, and getting good rest. I have lost weight and have more energy.

Healthy Lunch Club Comments:

Daily reminders about lunch are great--it is a meal that can "get away" from us between work schedules and the desire to be social. The reminders keep one on track.

Each of your programs are such easy daily reminders to do what we (most of the time) already know to do. With the reminders, we stay on track easier. Thanks!

I just love the program! I have not "won" anything; however, I have gained a lot. It is a great idea and I hope you continue it.

I really like the Fast Food Guide - it makes you realize how many calories are in what we think nutritional items.

I have really enjoyed these programs. It is good to have positive examples and programs.

I was diagnosed with diabetes on September 30, so this program was one thing that helped me lose a lot of weight fast.

Program gave incentive to make better menu choices and think about what one was eating.

Just keep up the program and the caliber at which it is executed! The State of Wyoming has a real gem here.

Fell below the 200 lb mark for the first time in about 5 years.

Once again, the emails and non-threatening reminders do wonders for me; thank you--AND the guide was/is great!

Even though I primarily used the daily check-in to keep me on track, I think the variety of options you offer allows people to find multiple ways to succeed. That is great.

In both programs I've participated in, by the middle of the month I was realizing "this isn't too bad." By the end of the month I was thinking, "I've adopted another good habit that will be easy to continue."

Though I bring my lunch regularly and it almost always includes fresh vegetables and fruit, I continue to really enjoy and FULLY SUPPORT the state wellness program; IT'S GREAT!!

Iditarod Comments:

Although I was already doing the things required during the challenge, it was easier to stick with it and my motivation stayed high.

I started exercising a whole lot more.

I don't own a scale. I feel good when my clothes fit well and I can climb stairs and walk at a brisk pace without running out of breath.

It helped us as a group to be responsible to do it

This really did provide an incentive for more healthy choices. Then the awareness of feeling better was a real benefit.

I liked that this program focused on adding in fruits and veggies instead of trying to "cut back" or "take out" something. It seemed like a more positive approach.

This definitely caused me to look at my eating and exercising habits carefully.

This program has been good. Especially because it was a team effort.

I like the focus on wellness, and the emphasis on a half hour a day of exercise, good nutrition and sleep. It helps to know that you think that's important, and you're willing to put time and energy into supporting those habits.

Our school nurse was great at spearheading this wellness project within our school.

The point system helped to keep me motivated not to let my team down.

Thanks - what a great focused way to end the year.

This program helped me focus on getting more sleep, plus it was a positive way to connect to other staff members.

Good quotes, good recipes, nicely done.

Ironman Triathlon Comments:

This program helps you commit to a healthy life style in little portions instead of one big chunk. It makes it more obtainable for some people to change things in their life for the better.

I love the fact that I can come in, go to my EHA wellness email and know that someone, somewhere is rooting for me!

This was such a positive program - I am much more aware of sleep, nutrition, and exercise - I am conscience of them every day and have improved my habits. I plan to participate in every program you offer. Thank you.

I REALLY appreciate what BCBS is doing. I may not be able to always participate 100% but I know like with this challenge that we just completed, it is helping me make better choices and form better habits. Even now that we are done, my thoughts are like, "Oh my gosh, I need to get in another veggie. - or exercise for 30 mins., etc., etc. SO, thanks, again for your efforts. It makes me feel like I'm getting a bonus out of my insurance premium.

Thanks EHA. Very effective and easy to do health wellness program.

I loved this program and cannot wait for the next school year! Thank you!!

There was many a day I would not have exercised or made sure I ate enough vegetables without that little box to check! Thank-you!

I love the incentive of this program(more about the idea that a whole group is participating than the trinkets received, though they are fun also). Participating with coworkers, the people we spend so much time with anyway, makes it more realistic and provides more support.

I have found a new way to be and I am thankful for it. I think it's wonderful that this WELLNESS SITE was set up.

I stayed aware of my health, and worked out 4 to 5 days per week. 45 minutes Cardio and 30 minutes lifting. I am 73 years old and enjoy the challenge.

I forwarded your recipes to our cafeteria staff (who is also a member) and she's been incorporating some of the ideas into the kids lunch. Now they love lunch!

Keep Food Safe Comments:

I really appreciate the knowledge that was provided.

Great program. The information was excellent. I think this was the best one ever!

Had some really good sanitary tips. Also learned a lot about thawing meats, which I was real bad about.

Excellent timing with outdoor cooking season. Learned about vegetable contamination that I did not know.

Lost 37 lbs with all these programs. Thanks!

I like the emails so well, that I sent them home to share with my family.

Good program to the basics in front of people. Good reminder.

The Myths and 'truths' was very enlightening. Great job!

Lost 37 lbs with all these programs. Thanks!

Good stuff!

I used the daily emails as a forum with my family. I sent the daily note to several family members each day.

Great E-mails!

These types of activities are very important. They were a very good reminder for how I should handle cooking situations.

Excellent info on food safety! Keep it coming.

Excellent information - especially separating Myths and Facts

One of the better programs...Cleared up a lot of myths. Thanks!

IT IS REFRESHING TO HEAR THE COMMENTS THAT WE SHOULD ALL LIVE BY ... MAKES YOU STOP AND THINK.

Laughter: The Best Medicine Comments:

LOVED This!!! My favorite one so far and it's absolutely amazing how much making sure you get in laughs each day really boosts your mood and changes your whole outlook!! THANK YOU!!!! I'm not stopping since February is over, just like this physical activity 30 min each day and healthier eating portions, I'm keeping the laughter too!

I love these programs, I hope you continue them for years to come!!

I love the quotes you had last month! Funny! We do Brain Gym in my classes before we start class and when we were doing our hook-ups, I would think about laughter being the best medicine and telling myself to stay positive today and to have patience with the students. I say that every day.

I made it a point to share a joke at our dinner table instead of grumbling about how my day went first. It put all of us in a better frame of mind and seemed to curb the grumbling a little.

This program was wonderful! I loved all the great humor passed around from staff members. I even had my family members sending me jokes every day! It really cheered a lot of people up!!!

I heard some wonderful "clean" jokes and enjoyed passing them along.

It was fun at the end of the day to go back and think about the time of the day that was the most enlightening. Put me in a good mood at the end of the day.

We are very fortunate to have access to a wonderful program! I am planning being more involved with it in the future.

I just want to let you all know that I am still exercising and logging my time since the December's challenge. I exercised every single day except for four in January and three in February. Your program got me into the habit that I refuse to let go! Thank you! This last month was fun, but not all that challenging. I was, however, much more aware every time I laughed. It made me focus more how important fun and laughter are in my life.

Last year at this time my bad cholesterol was bad and my blood pressure was high. I just had it rechecked this week and it is where it should be. I have really cut down on my salt, watching what I eat, and exercising. It has helped to have incentives to keep going.

I have lost 30 lbs. Since the beginning of the school year!

Less Is More Comments:

Starting a new year I typically weigh a few pounds more to start the new year. This year I am actually several pounds less than when I started the program. I would call that a success!

I have enjoyed these programs. It gives a sense of goodness to know that in this time we can have a program that helps us and cares.

What can i say about plain healthy that hasn't been said? Awesome program, awesome recipes and the knowledge gain is for life. Thank you.

Good program. Good goals for healthy life style.

The programs are so helpful. Keeps the focus.

The emails were a good reminder of what I needed to do to be a healthier person.

Just started program and looking forward to continuing. Think it will help with making positive improvements.

Still working out 4-5 times a week at the gym and eating healthy.

Repeat the program in November.

By reducing my carb. I reduced my blood glucose also even though I ate a lot more fruit.

This is a good fit program for my lifestyle. I have lost 55lbs since summer 2011 using this strategy. Replacing more choices with fruits and veggies, proteins, and virtually no sweets, breads and carbs. Plus 30 min exercise every day. For me, the big thing is reduce servings to one, or reduce a serving in half, ie. share meals.

Great program to be aware, for well-being of your health.

This was the hardest challenge yet, since it occurred during the holiday season when I don't generally eat as many fruits and veggies as I do sugar and salt and dough. I had to try really hard but at least it kept me from gaining my normal 5 pounds of Christmas fat.

I also joined weight watchers so this program helped me stay focused.

Le Tour de France Comments:

I appreciate the programs you offer which are inspirational, motivational, & remind me to take care of myself. Teachers, especially, are very busy people putting students first.

I really liked this year's yellow shirts; nice! Thank you so much!!!

I really enjoy these programs. I would not want to miss any of them. No matter what they are set up for in terms of subject, they cause me to think about what I am doing to stay healthy in all aspects of my life.

Thank you! I appreciate the district showing support and encouragement to the staff. We are human!

Reinforces my healthy road to success for my diabetes. I plan on living a very long time.

This program did make me more conscious of exercising every day, and I felt better when I did too.

I like the Tour de France Theme because I am a cycling fan.

Fun program - Thanks!

I usually track my exercise on my calendar; this worked better since I was accountable to a different system.

This is a great activity for people who need external motivation to exercise.

Yikes, I gained pounds because I ate more at meals to get all the right vegetable servings in. But, overall, I am much stronger and way more balanced and flexible and I am sleeping better at night even if it is not for the correct number of hours.

I realized that I don't always eat enough fruits and vegetables. This program reminded me that I need to have more fruits and veggies on hand, and it has changed my grocery shopping habits for the better.

Love your program. It made me aware of my habits, I changed a lot.
Thank you.

I've really enjoyed these challenges and since I won't be returning next year will really miss them. Good luck in your future endeavors.

Maintain - Don't Gain Comments:

This is a GREAT program! It is nice to know that our state is interested in the wellness of its employees(citizens). AWESOME!

This just kept me more aware, because I had to "check in" each week. I'm generally pretty careful about my eating, etc., anyway, so this program simply helped me to focus a bit more during the holidays than I might have otherwise.

Makes me more accountable for my own health!

Good program even though I did not lose weight! I enjoyed the daily quote about life.

More alert and more alive!

Not gaining during Christmas holiday was good for me.

Starting off the New Year knowing that this program helped me lose a few pounds rather than gaining during the holidays is very encouraging! Thank you for administering an excellent program.

I didn't lose or gain during the holiday season.

I love doing yoga to lose weight!

I liked this program. Timing was perfect and I think it really helped me be conscious of what I was eating during the holiday season.

The program gave a wake-up call that I was getting older and needed to start taking better care of myself and making wiser choices. I have also joined another on-line weight and health site that fits in with this one very well and between the two I think I will do great.

I like the program a lot. The daily thoughts give me something to think about and work on during the day. Thank you for providing this program to all of us.

This program made me think each time I went to eat something. It made me very aware of how I was eating and changed some bad habits to good habits. Thank you for the help in the right direction.

Mission To Mars Comments:

It was a great program. Many of us know what we need to do to be healthy. We have taken classes, met with a dietician, joined fitness classes, and joined weight loss clinics. The bottom line is everyone (including me in those programs) want to lose weight NOW. It took me 20 years to put on my weight and I have to realize that it is not going to come off tomorrow. If I want it to change, I have to make the changes in my behaviors. This program was great because I could concentrate on a few behavior changes each day. Each week the emails gave me information and great recipes that could help me make those small steps to changing my behaviors. Yes, I lost 8 lbs which I hope is the beginning of more. One day and one behavior at a time. :) Thank you!

I think it is great that this program is available and free to those who wish to participate. Thank you so much for making it possible!

What wonderful incentives this program offers. Thanks.

I exercise as a fair weather friend, unfortunately. I try to eat "healthy" but the program makes me think about it. I try to sleep at least 7 hours, but I don't manage that regularly until summer. THANK YOU for offering these programs. I retire June 1, so I don't think I can be involved after that. Too bad.

I just wanted to take a moment to thank EHA Wellness for including t-shirt sizes up to 4x for the Mission to Mars Challenge. I want to say I was a 5x at the beginning of the year and I proudly ordered a 3x Mission to Mars t-shirt, with 2x now fitting depending on the material! :) Anyway, I didn't write to 'toot my horn' but to express gratitude for INCLUDING those of us that are very obese and truly need to make a lifestyle change. My frustration comes when there aren't opportunities for us to be "included" because t-shirts ONLY GO TO a size 2x! I am finding this when I register to do 5k's (just did my 3rd one this last Saturday). I love sporting the t-shirts but I have yet to be able to because they always only go to 2x! (but I have them in a box and I'm ALMOST able to wear them! haha) When you are a 5x...2x looks like the impossible and sometimes it is that darn t-shirt that is the motivation to do something! Anyway, I was sooooooooooooo excited to see you included the 3x and 4x sizes for those of us that are trying to make a change but are larger than most. Thank you again!

I will soon be joining the Blue Cross Blue Shield supplement for Medicare. I hope these programs will continue to be available to me.

I loved this program!

Because of the tracking I have been able to lose 75 lbs and 10 dress sizes.

Mount Everest Comments:

Being in this program made me aware of what I needed to do so that kept me on track. Exercise is challenge for sport. For instant, I lost 20pds by walking daily recently.

Thanks for holding this program.

This program works better for me than the other individual program. The weekly overall team progress updates provided motivation. I don't want to be the one that drag down the team performance.

It is a great way to get back on track especially this time of year. Great reminder of how important it is with the summer coming.

I like this particular program as it brings the teams together. I feel it's a great way to team build within the company and still incorporate a healthy lifestyle.

Since being consistent overall I have more energy to conquer some undesirable tasks at home such as closet cleaning and oven cleaning. Thanks, I finally got the job done!

The recipes as always are great and very nice to try out.

Helped me to organize and lead a team. I like these challenge ones- especially when you can track how you are doing against other people...makes you want to try harder.

Excellent opportunity to pull together as a team and motivate one another!

I have learned to take control of taking good care of myself. It pays off you feel so much better.

I like that it makes me start to move.

Fun checking in with other co-workers, how the other associates are doing.

As always all of these programs are great motivators and keep the mind and body healthy!!

I feel very well! It was really fun to do this as a team. I know I felt more committed because I didn't want to let my team down.

Organize & Rejuvenate Comments:

Really like the positive thoughts and recipes. Over time it has a good impact. My job and life responsibilities take a toll on me and I look forward to the good quotes. I also like that I am sharing these concepts with many hardworking folks across the entire state. Really like the whole set up of the program.

I really like the approach that wellness is NOT just diet and exercise! I appreciate the wellness activities; they add a human connection to the larger state employee system. Thanks and please continue on.

I continue to be pleased with the programs you present to us. Instead of a huge program that will be almost impossible to continue indefinitely, you make this a very doable thing. It is something that can be incorporated into our everyday lives. It is the small steps that become good habits that will help us to improve our health and well-being. Thank you for the good program.

The focus on organizing in the workplace has proved successful. We found things we didn't know we had. It has made a difference in our customer service delivery.

This was one of my favorite programs thus far because I LOVE to make order---at home, at work, in anyone else's messy office! I realized fairly quickly that I spent at least 15 minutes a day making order BEFORE the program started, but I was motivated to do even more organizing during the program. Thank you for coming up with this wonderful program!

I have done almost every program since I became a state employee and this one is the best of all. It really covers every area of your life to feel better and be organized and productive.

This is the BEST program you have ever done. Not only are the ideas for organization great, but you've included incredibly health recipes...using apple sauce for oil, using other kinds of sweeteners in the place of refined sugar! Way to go!

I just want to say I appreciate the work that goes into this web site to help me feel and live better.

Loved the thoughts for each day to help organize and remove stressors. Makes necessary changes manageable. Sometimes we get overwhelmed with the need to make changes because we try to take on too much at one time. We feel that is the responsible way to handle our lives. This program gives permission to make small changes each day is more responsible and more likely to become a routine lifestyle change.

Personal Health Record Comments:

The program did bring to light that I didn't have a good record of my family's health situation. The more involved I get the better off for me and the doctors trying to treat us.

It is a very good program.

Updated medical history with info that I wouldn't have thought to include before participating in Personal Health Record. I enjoy all the recipes!

My health care provider initiated an on-line and mobile PHR process while I was creating my own in this Plane Healthy program.

I enjoyed this program, prior to this I had never heard about a PHR. This was a good one, very usable.

After losing 90 lbs. via the Via Christi Weight Management program, by following Plane Healthy and phase 2 of the program, I have maintained my weight at under 195 lbs for the past year.

Good concept / idea.

Super!

Good program to create awareness. Great info!

It was great to have information and prompting to get started on a Personal Health Record (PHR). The program did a good job of introducing the many aspects of a PHR and of providing motivation to get one going.

Best activity I have done since I started doing the Plane Healthy challenges. I now have something tangible from this activity.

Lost 6 lbs eating better drinking alot of water & walking & riding bike fill real good.

By getting health information from my family, I have been able to alter my diet to hopefully improve my health for the rest of my life.

Although I am still waiting on info from family members, the info I have has helped me change the way I eat.

Power Of Music Comments:

I love this Program so much!!! Thanks for all the gifts and wonderful ideas!!

Years ago I bought a violin to learn to play. I kept starting and then putting it down because I was too busy... I used this program as incentive. I could not put a check in the box if I did not practice at least 15 minutes, in addition to listening to a half hour or more of music on my mp3 player at work. I'm the custodian, and found myself singing along and lighter on my feet vacuuming at the end of the day. The best part is that I'm looking forward to practicing and learning more on my violin now. It has lifted my self-esteem to have succeeded in this goal. Thank you!

I enjoyed this program the most of all that you have provided. I had never heard of the Piano Guys, but now I plan to buy their music. Their music was so beautiful that I found myself wanting to listen to it while I worked on other projects. This program made we search out my flute--hidden away since high school--and have it reconditioned so that I can start to play it again. I even downloaded an image of the keys because I couldn't remember what some of them were! As always, I enjoyed the recipe--always yummy. THANK YOU for creating this program! The BEST yet!

December was the perfect time to listen to 30 minutes of music. I listen to the Christmas music radio station every day, so this made listening to music even easier. I also loved the Piano Guys. I showed the videos for bell work and then they had to write down three positive things from listening/learning from the video. I have even introduced the Piano Buys to several friends and my own family. The recipes were awesome to. I really appreciate the portion sizes too. I am still smiling thinking about the great music I listened to. Music was one of my resolutions for the New Year and the rest of my life. I had gotten too busy to stop and listen to the music.

This EHA music program woke me up. I had gall bladder surgery and so that messed up our last program, where we were to eat salads and veggies. Well, it hurt to eat almost everything. When we started doing our music program it just brought me out of depression and I ate really well. I am feeling better (don't like cold weather) and I now have a new headphone and I am listening to music again. Thanks so much, I am looking forward to doing more.

This program reduced my stress. I love music and had pushed it back as an unnecessary element in my life. You have given me permission to listen every day and have given research to support the behavior!

My favorite program so far! Thanks for bringing awareness of the importance of music to a person's spirit and well-being!

Read The Label Comments:

I feel healthier!

One of the best things the State has ever done for its employees.

It is clear that lots of effort has been put into wellness program. Your efforts are appreciated. The recipes are especially appreciated.

I was able to find a healthier potato chip.

I've learned quite a bit through participation in this and past programs. This has been an excellent tool for me and my way of a more healthful approach to nutrition & activities.

I enjoy this program and commend the State of Wyoming for making it available to its employees.

Even though I did read the labels to a point before I started this program, I told myself that this was probably one of the easiest programs to participate in and be able to earn the credits needed. This has really opened my eyes and given me a lot of insight and help to make much better choices. It wasn't always easy when I found that some of my comfort foods were not so good for me, but I tried hard to make the best choices this month. It paid off. I really appreciate these programs. Thank you.

I love the programs you guys do! They are excellent! Thank you for all of the work to try to make state employees aware of the importance of good health!

Great learning experience! Love the whole Healthier WY concept!

I love these programs. Just this little challenge really helps with overall wellness because it stays in the forefront of my mind each day. And it's achievable!!! Thank you

Your reporting, tracking and emails are all excellently designed. It is easy to follow and complete the program.

I so enjoy these programs. They make you stop and think about your safety or health.

I thought I was reading labels. But, I was not understanding all the labels had to offer until I followed your brochure. It really helped. Thank you. This is a great program.

Rest & Relax Comments:

Thanks for another great program!

I never really cooked before until I saw some of the recipes during this program that I could not pass up! They were delicious!

I enjoyed the program, found it informative and thoughtful. I think it helped me to plan and think about caring for myself as part of my daily routine.

Each night I got 8 hours of sleep and was relaxed every morning and throughout the day.

Before the program I thought I was doing fair but with the program I find I wasn't so it turned me right around in the good direction

Overall very good. Program with good outcome!

I had fallen into a bad habit of going to bed and sleeping only 6 to 6.5 hours a night. This program has helped me refocus and I'm getting 7-8 hours every night now and feeling more refreshed each day.

Very good! Loved the DVD.

It kept me on track, made me more aware to sleep and relax in the middle of the day. I reset more and it makes me more productive.

I've been feeling better about myself having slept better. I need to keep it up though.

Being involved in the program was a constant reminder to just wrap up my day and go to bed on time. I found myself to be more productive and less tired each day.

Reinforced what I always do. My mum was a great teacher.

E-mails and recipes helped me focus on behavior modification and health eating.

It is an excellent program special and is very good for our health when we are required to sleep 7-9 hours.

Safety First Comments:

I have quit smoking and maintained good weight during the last two years because of these programs.

I am amazed at the safety tips given. After many years in corrections, it was nice to see everyone get the same perspectives on safety issues that those who are trained for daily dangers get. Many of the suggestions were just outstanding and among the most vital for individuals on a daily basis to remain safe in their environment. It had never occurred to me that safety had so much to do with health, but clearly that connection has now been made for me. Thank you for this program. Despite being laid up after foot surgery I was able to fully comply and be involved in the program. Kudos!

This has been the only program where I was already in compliance before the program started, so the program itself felt more like being rewarded for doing the right thing than calling for a change in behavior.

What was quite good, for me, were the comments about safety. This was particularly smart during the holiday season where people should be reminded to slow down and remember safety tips. Well done.

I liked this program. It somehow help jumpstart me to become more productive and positive through the holidays.

I always use seatbelts so that didn't change, but I really appreciated the safety tips; some of which I had not thought about. I also purchased a radon kit.

It was great to use this as a reason to MAKE my husband wear his seat belt. I told him I insisted on being able to check the box every day and it required that all the passengers, including him, had to wear their seat belt. He complied! So awesome :)

I now buckle up first every time I get in my car, this was not the case before. They say it takes 21 days to create a new habit, I guess that is true.

I enjoy participating in our health programs! I LIKE THESE PROGRAMS!

Since participating in this year's activities, I have lost weight, feel more in control, and am enjoying working towards a healthier lifestyle.

Still recovering from the loss of my husband last year. Staying involved and active with things like this helps. Thank you!

Scrub-A-Dub Comments:

Program was an excellent reminder to maintain good hand washing methods.

I have ulcerative colitis and have learned to wash after each bathroom problem. The program added to the already good hand washing habit.

These programs are making me more aware of my health issues and I am sticking with them. Thank you!

I was free of colds, flu, and all sicknesses this month.

A great program. We should have been doing this, or something like this, years ago!

More aware of hand washing!

I love the entire concept of Healthier WY!

As part of this program, I became more aware of using the disinfectant wipes to wipe grocery cart handles.

The program is run extremely well. I enjoy participating in the programs.

Wipes were very helpful!

Good program - I am just not good at it. I wash my hands after coming home from a public place and after working (I am a painter), other than this, I am not a regular washer.

Kept me from getting sick since beginning the program.

I've always been good at hand washing. However, I definitely thought about it more, washed more often and longer. The emails were interesting.

I'm much more aware of times I didn't wash my hands, e.g. after handling money, and improved.

I washed my hands regularly and also reminded the inmates the importance of washing their hands also, for their health.

Self-Care Essentials Comments:

Loved, loved, loved the positive quotes each day!!

I absolutely love doing these activities/programs. It is very low key and non-stressful. But sooo very helpful.

I just like the way the program helps keep you track. Like a study buddy.

I hope these programs you are offering don't quit. Keep them going forever.

I have lost 20 pounds over this last several months. Your encouragement via emails/website have really helped me. Also, some of the information in the book for this program helped me understand a physical problem I had. Thank you again!!

I really like the way the tracking system is now set up and the easy way it is updated!! Thank you!

I just like the accountability of having to click that box every day!

I am so close to my goal. I no longer have to take pills to lower cholesterol or blood pressure meds. Have increased exercise time. Cannot wait for nice weather to run in.

I have been working since November to lower my cholesterol level through diet and exercise, and this program helped. I recently had another test done and my numbers were much better!!

I've been consistently trying these health initiatives--one small change or two at a time-- for the past three years and have made a much healthier life as the result. Thank you for making it more interesting and enticing with these challenges!

I love your program and I always look forward to the new programs that come out. It really keeps me aware of my lifestyle and my health on a daily basis.

I am 25 years old, and now feel more educated on taking care of myself. I look forward to being healthier and making positive changes in my life.

I need these motivations to keep on track as well as I see the patterns in my eating, sleeping and exercising

Skin You're In Comments:

I just love this program through the state!!!

I think the program is great and my doctor said it has saved my life.

By receiving email messages on matters concerning our health, the concept and importance of this subject stays at the front of our minds, helping us to remain aware of our daily habits.

I still think this program is one of the better things the state does for its employees.

When I started this year I was 156 lbs I am down to 131. I feel great!

I know the Skin You're In was focused on the skin, but drinking more water helped me in other ways also. I tend to starve my skin and organs of much needed water simply because water has no taste! Because I needed to drink so much water for this program, I decided to find ways to boost the taste of water. A thin slice of lime or lemon was all I needed. Because I drank so much water and because of the improvement I felt internally, I am committed to drinking more water - for life, not just the month! Thank you!

This has been the best challenge yet. Staying hydrated thru the month really saved my bacon on a couple of hot days. I lost 5 pounds during the month and I attribute that to increasing my water consumption. I am now drinking 3-4 quarts of water every day, and I feel much better. Thank you.

The rehydrating packets came in handy, we were on the mop up crew in Guernsey, one of the guys had started to get heat stroke, we gave him the packet and water and I feel we stopped it before it really got severe. Thanks for the kit, everyone should have one handy.

I am embarrassed to say that sometimes I become lax in my health care. The Wellness Programs you provide help me step back in line and pay attention! Thank you for covering the entire spectrum of health care :)

The success of the Wyoming Wellness Program is to do all of the offered programs and make them part of your life. While it gets a bit harder with each new program added, success towards good health results when these practices become habit.

I thought the skin care kit was awesome!!

Smart Money Comments:

I like this health matters, wellness because it has change the way I live my life. When I first started I looked at it as a waste of time but I have learned that by following this it can and will change your life.

I appreciate the time and commitment everyone at EHA Wellness puts into providing a very valuable tool for us on a regular basis!

I have a larger balance on only one credit card. I took money from savings to pay half of that balance, and made a plan to pay the rest off within the next 6 months. I am also increasing the amount that I have automatically deposited into my savings from each paycheck. I am doing a better job of monitoring planned vs. impulsive purchases.

Love the well-rounded approach to this Wellness program. It really has kept me moving in a positive direction all around which improves every area of my life and helps keep me motivated.

Never knew how much a daily reminder would help on financial issues.

Wow! I always believe I was very good money administrator, How far from the truth I was. I have use the tools provide with this program and I am overjoyed about the progress I have made. I am happy to inform I have a better and more concise understanding of my finances. THANK YOU!

Honestly, had the most impact on my personal life of all the programs so far! Made me quit procrastinating and start planning.

After all these years, we finally got it figured out.

This was eye-opening! I kept track of what I spent every day, and was surprised that - even in the summer - I spent something almost every day! I thought in the summer I didn't spend much. Wrong! I learned a lot about my own spending habits. Thank you!

I love these programs. They make me think every day about the challenges you set before us. Thanks

I saved an additional \$1,200.00!

I very much appreciated receiving the emails during the smart money session.

Step To Health Comments

I have always wondered how much I actually walk each day. It was nice to see the miles add up!!

I love these programs the State has come up with. It keeps you on track and aware of your well-being.

Tammy and crew - keep up the good work!

After work I walk every day. Plus all the walking I do at work and at home!

I have learned so much and feel so much better. I lost 10 pounds and have no intention of returning to my old bad habits!

Loved the program, thought the daily emails worked great. I was impressed and have done things like this before. What you have is superior. THANK YOU!

Great program motivated me to walk more!

Very good program. Made me more aware of the steps I was walking in a day and how I can increase them.

I love walking so this was really good. Tracking helped me walk at noon.

This was fun to see how many steps I take in a day.

This was a great motivator to be active 20 days of the month. I'm gonna try to stick with that! Thanks!

Walking has been great, especially with co-workers. Thanks!

Great Program!

This was a fun challenge in our office. We had quite a few of us who are regular 14K plus walkers, so we were constantly trying to one up each other.

Thought this was a great program - was happy to participate.

It has been motivating to get out and walk knowing I had a goal to meet. I found less excuses not to.

Stop Stress Now Comments

Love the book! I intend to share it.

I loved this program, and the book was so very informative. I learned a lot about stress management and will refer back to the book often as a reference tool. Thank you!

Book was very useful! Presented new information.

I thought I was doing enough to manage stress by exercising; however, I learned I need to practice some other techniques to manage my stress more effectively. I gained the most benefits from this book/series compared to the other series. Thank you!

The book was interesting and well-written. The program supported the book well.

This was one of my favorite programs because it helped me so much! Thank you for your support!

Enjoyed the book and the daily checkings. Practiced many of the activities. Will continue to be aware of my problems and keep exercising.

The book was excellent.

This has been a CRAZY School year - we really needed this program - Thank You!!!

The book is very good and practical. I got a lot out of it.

Always like the daily reminders!

Learning new methods were so beneficial. I've learned how to meditate.

I really enjoyed the book and learned a lot.

I liked the part about the 4 different quadrants and how some things are not as important as we think they are. This made me change some of my priorities for the better.

Very well written book!

Stressed Or Desserts Comments

This program kept me motivated on a daily basis. Thank you :)

Thank you for a great program.

Made me take time to be stress free and relax.

Great recipes, printed them all. One month isn't a lot of time to make significant changes; but it's a start for sure.

I particularly have difficulty managing stress. I am a very driven person and have a tendency to over-ride all physical cues to get things done. Eventually I crash. Just before crashing, I try to keep my energy up by eating...oh...a full pound sack on M & Ms or something else disgusting. Having to track my behavior helped me be accountable each day before things built up. I allowed myself one sweet treat a day rather than binge and burn. This month was very helpful! Thank you!

Thanks! It's fun!

Being involved in the program made me think about my stress level more and forced me to do more to deal with it. It was nice to do something and get the dessert reward.

I loved the recipe ideas and my family even got involved in trying some stress relieving exercises!

Became more aware of habits that caused me to at least think about what I was doing other than just be on auto-pilot.

I think the program at the very least makes us aware of what activity and the kinds of foods we eat, so that's a good thing.

A very fun month!

I enjoyed the biodots and it made me more aware of my stress level. I have not changed quickly enough on some things, but this wellness stuff keeps making me at least think about it more and try to make small changes of which I am! I am bad about filling out the calendar when I know I don't do it at least 20 days. :)

Stretch To Health Comments

The stretching exercises seem to contribute to more blood flow throughout the body. When I stretch, I seem to be more alert and more enthusiastic about accomplishing various tasks. Very good program. Thanks.

The stretching & strengthening exercise was very easy - I know I will continue to do them.

Very aware of the importance of stretching everyday.

Great Program!!

This is a standard for all team members in Independence. Stretching is part of standard work.

Awareness and tips. I really like the emails. They remind me of the commitment I made.

More stretching techniques please. Very good stuff! Lost 6 Lbs.

Having a bad back from a car accident this program and the lose of weight has helped immensely.

I usually exercise that much per day, but I hadn't thought too much about stretching.

This made me more aware of the stretching benefits.

Great program as it put focus on the importance of stretching! Thank you.

This was one of my favorite programs and will be trying some of the recipes.

At my age the stretches are becoming more rewarding.

Great program!!!

It was good to be pushed to exercise that much. I didn't meet the objectives. I want to keep trying.

Simple, easy to implement!

I stretch every morning. This was an easy program for me to participate in.

Salad To Go Comments

My family members were excited about me participating, when they saw the postcard. Even though they weren't members, they took the challenge with me. It brought us closer together and helped some family members begin healthier eating habits. Thank you so very much for this challenge!!! Oh by the way I lost 4 lbs.....yeaaa for me!!!

I THINK THIS IS AN AWESOME PROGRAM.

These programs that you guys are coming up with, are making me understand that my body is very important. I'm feeling much better and life is much better.

I've had problems in the past trying to lose weight, this program and others have opened my eyes to new alternatives to stay healthy and productive. I am more energetic at work and at home. I use to go home and take a nap, now I either run errands or go walking at the Lied Center. Thank you for offering these programs!

These activities help build good habits that you can use your whole life.

The month of October had been my first time I bought more than 6 vegetables in order to fix my salad and I love the colors in it and flavor. Wonderful learning experience.

I started my diet July 26, 2013. I started walking outside around the Lied Center or inside the 1st day of school on August 13th on my lunch break. Since starting, I've lost 40 lbs. The program has kept me on track and I'm very happy about it! My goal is to lose 16 more lbs. and if I lose more, even better! Thank you :)

EXCELLENT CHALLENGE AND GREAT FUN! My "personal buddy" and I love salad anyway and normally eat it often but it was still a great reminder to incorporate salad daily (also my personal goal). Although I didn't make my goal for all 31 days in Oct. I'm anxious to continue working towards that goal each month with my "personal buddy" and have already started again for December. Also, loved the salad container and heard MANY positive comments from participants that agreed and thought it was a great quality container!

I have liked the other programs, but this salad one has helped me the most so far. It used to be salad or fries, fries of course. Now salad.

LOVE, LOVE YOUR PROGRAMS!

Test Your Rest Comments

I love this program and think every insurance company should have a similar program. Thank you!

Your programs have re-enforced my long-standing habits, much to my pleasure. It's nice to know when one is doing things right!

I love a challenge where you get to sleep through the whole thing!

As before, this is helping me develop patterns/habits without feeling overwhelmed, guilty; but, rather proud that I'm doing whatever in a consistent manner. Thanks.

Because of the continual programs offered, I think more about my health. I gave up smokeless tobacco in November and I work out 3 times/week.

Sure glad you all do this in February and not in the middle of hunting season.

I think the program was great regardless of my ratings. I only gave the programs low-ish ratings because I usually get 10 hrs sleep/night so this program wasn't all that necessary for me. HOWEVER, I was walking in to work one day behind 2 employees and they were talking about the program and they were taking it very seriously, and really going to try to get more sleep during the month. I think that this program in general is being taken seriously by a large group of people. I hope you keep it up!

I was not going to participate in this part of the program. However, I had been feeling tired and worn down for several months. I decided to make register for the program and I can't deny it has improved my productivity at work and home. My stress level really seems to have decreased. Thank you.

This is an excellent program -- not just Test your Rest -- but the entire program is positive and motivational.

Thanks for continuing this program.

Great program and kudos to those that design all of the programs.

These programs make you think and act to adopt the changes.

I really enjoy the health improvement challenges. For some reason that really spurs me on!

The Cure Comments

I feel great and motivated to do even more. I am re-energized!

I have participated in the EHA activities over the course of the past year. All total I have lost roughly 30 pounds in a very sustainable manner. Sometimes the activities offer new ideas, sometimes they reinforce behaviors I prefer to have, such as eating more fruits and vegetables and less meat. Love that!!

I was already established in a good exercise routine but the daily e-mails were a nice way to get positive reinforcement for that lifestyle-especially when the weather can be crumby this time of year. Also the recipes were great-it is easy to get stuck in a rut and not know what new things to try that are easy and not time consuming. I certainly learned some health tips I didn't know along the way. I will continue to reference the book for a variety of reminders and tips and certainly for encouragement! Thanks!

Was successful with weight loss not because of this book, but because of a class held at the local hospital.

ENJOYED THE BOOK A LOT! WAS SCARY IN WAYS TOO--ESPECIALLY FOR MY OLDER PARENTS WHO DON'T HAVE SUCH A HEALTHY LIFESTYLE!

The book was wonderful and now I am sharing it with others.

Thank you for the book! It was an excellent read and very informational.

The book was great. I have told others to read it and my family has enjoyed taking the quizzes.

Always good to be reminded about what we already know as far as eating and exercising, reinforcing that behavior.

Has made me more aware of making healthy choices. The book was an excellent read.

I haven't read all chapters, but will. Found most info interesting and was able to use some personally. Made me think about food choices & adding exercise whenever I could.

I believe having something positive to read in my e-mails everyday help me stay on track during my very busy periods at work.

Train Your Brain Comments

I loved this program and I find myself using good behaviors from earlier challenges. Making a difference in my life!

I brought the puzzle to school and my high school students love trying to put it together.

I really had no idea how important training your brain on a daily basis was. I can really tell the difference in just one month by doing puzzles with my mind daily!!!!

I simply loved this challenge. I did it for over an hour morning and night. I will continue every day.

Thanks! I love this program!

This was an easy challenge as I work several kinds of puzzles and read every day for well more than 20 minutes.

I enjoy puzzles – word, number, jigsaw, etc. Also read newspaper, books, and magazines. I exercise, too, which I think is a brain booster.

This was my favorite of all the programs because I naturally monitor my thinking much of the time. It was fun to challenge myself to consider puzzle work a creative and disciplined activity, acceptable as a “fitness” method, rather than thinking of it as a time wasting activity. In the past I have sometimes felt that way when I get caught up in playing games. I’m most grateful for that shift in perspective. Thank you!

I like doing brain games and have always done them daily

Daily crossword, jumble, sudoku and Seven Little Words online - loved it!

Keep it up!

Loved brain teaser puzzle, even after my daughter left it out & the dog chewed 2 pieces off so it can't fit into a square anymore, it is still fun to keep the fingers busy while listening to speakers.

Loved it...gave me a set time to do logic puzzles every day and helped keep me relaxed at times.

Warrior Wellness Comments

I liked that we could pick our own actions.

I had my left hip replaced on Dec 5, 2013. Getting around very well due to the exercise routine Dr. gave me to use for the past 3 months along with Warrior Action goals.

I was very impressed with the change in the content of the e-mails I received from the program after I updated my Warrior Activity. Obviously, there is someone paying attention to the program, and tailoring the e-mails to individuals. That is superb.

I really enjoyed the warrior program. It kept me focused everyday to eat right and exercise. Thank you.

I've been able to re-establish where I was before Christmas break/December finals (recent graduate). Plan to continue current workout plan to keep getting better.

Sitting for most of the day wreaked havoc on my legs and hips, especially when it came to exercising. While I still sit a lot, I get up more often and stretch. That plus stretching at home has helped remove pain and tightness.

I LIKE THIS PROGRAM

Good program and easy after you put your mind to it.

Thank you!

I was already doing moderate exercise 3 to 4 days a week. To meet the 20 day requirement I had to add more days each week, which was a good thing to motivate me to do more.