

Challenge Guidelines

- Take a standing break at least once an hour during your workday.
- Obtain at least 30 minutes of activity daily.



Total Participants: 18,477
Completed Program: 9,939
Online Reporting: 11,900
Online Surveys Completed: 9,653, 52%

Survey Responses:

Did you adhere to challenge guidelines during December?

96% YES 4% NO

If you lost weight during this challenge, how much weight did you lose?

19,232 pounds lost by 4,987 participants.

Have you become more responsible for your overall health habits and lifestyle during the past month as a result of your participation in Defy Gravity?

90% YES 10% NO

Will you participate in the next challenge - Stretch To Health?

99% YES 1% NO

1-Poor, 2-Fair, 3-Good, 4-Very Good, 5-Excellent

Emails and Program Content	3.97
Recipes	3.76
Website & Tracking	4.05
Overall Program	4.05

Personal Behavior Before Program

Take a standing break at least once an hour during your workday.	3.62
Obtain at least 30 minutes of activity daily.	3.54
Productivity work/home	3.60
Overall well-being	3.60

Personal Behavior Before and After Program

Take a standing break at least once an hour during your workday.	4.08	13% ▲
Obtain at least 30 minutes of activity daily.	3.92	11% ▲
Productivity work/home	3.93	9% ▲
Overall well-being	3.91	9% ▲

EHA Member Comments

Thank you for caring about our health!

I like how these challenges "get in your head"! Even though I'm not at work (school)over Christmas vacation, I hear this little voice say "it's time to get up and move." This is a great example of how we can improve our lives with the smallest of steps! Thank you for bringing these to us every other month.

I have quit smoking after being a smoker for 12 years!

I really like how these activities eventually become routine and you just do them without hardly thinking about it!

I really liked the research evidence that you shared about how important it is to not spend as much time sitting.

I used this program of maintaining my habits developed during the Tour de France earlier this year. I have not broken away from those good habits I developed and will continue in your challenges as a way of a daily reminder.

I feel a lot better than I did a year ago.

It helps when others at work are doing the same thing.

I love the email and easy access to website for ideas that work into a regular schedule so easily.

Thank you so much. I have lost more weight with this program than with any I have tried. Thank you!!

I am 69 years old and love your programs. I have always tried to stay in shape and eat healthy. Keep up the good work!!

I love that these challenges are easy yet make a huge difference in how I feel. The tracking that is easy with reminders motivates me for each of them.

I like the way I can update progress with a tap of a button rather than having to use a password to log in. Makes life easy!!!!

Because of this Defy Gravity challenge, I am now grading papers standing up at a counter-level table. Plus I am trying to be vigilant about standing up and walking around every half hour. This challenge was really good.

I value the EHA wellness programs and challenges! I strive to live a healthy lifestyle and the challenges help me to stay motivated! Thank you for putting work and effort into each challenge!

I love the fact that I can do this challenge with my family. At my house, wellness challenge is always one of the topic every night at dinner time.

This has been an amazing breakthrough for me I've lost another 10 pounds

Thank you for all you do! The programs are so easy to use and great reminders of health and wellness.

I just love this program! It is the best thing that ever happen to me. Great Resource!

Very good program! This was a very practical activity I could actually implement to improve my health. I like that you qualified it as 30 minutes of activity...so I could do things like vacuuming etc. that I wouldn't technically consider "exercise" but is actually healthy activity. This made me more motivated to be less lazy and do things like this. We also got our fitness watches as part of the grant for the Elevate Program also during this program period and it is REALLY helping me be more active to meet my daily step goal! I find myself a lot less lazy!

I tried to include my students in this as well. So many students are sitting all day long and it's not healthy!

It's great to have a (push) in a positive direction to motivate me to be more active for my well-being and better health. The program quietly is at my side to improve my personal behavior. My productivity at work and home has improved. It's a satisfying feeling overall!

I have taken part in the Wellness program for a long time, and I feel this is the best program yet! It made me open my eyes to make sure I was active every 30 minutes. Thanks!

This program is blessing from heaven. It keeps me focus on sticking to what my Doctor needs for me to accomplish.

I like the variety of programs that have been offered to us. It keeps me thinking about all the different aspects of keeping healthy. Thanks!

Due to the program, I am able to visit with others and not feel guilty. This helps me be more productive and less stressed.

You do great work. THANKS for the positive impact.

I got a VariDesk that enables me to stand or sit - I absolutely love it!!

Next to the distracted driver month, this was the most informative month. I just assumed if I exercised for the day I could sit at night. I never thought about the amount of sitting I did at home or that even though I was doing something other than watching TV that sitting was bad for me.

This challenge allowed me to experience significant benefits for minimal effort. By remembering to move and stretch throughout the day, my overall energy level increased, my mood improved, and my chronic aches and pains decreased. This is something I will definitely continue to do on a regular basis!

I am currently in my third trimester of pregnancy and this challenge help him out so much with maintaining more energy. Thank you so much!!!!!! Just getting up and taking a small walk around my office keep my discomfort level more minimal.

Even though I did not lose any weight during the month, I DID NOT GAIN! which can be very difficult during the Holiday Season. I am better at remembering to stand and stretch at work. which I realize now, is so important. I'm not as stiff any longer. Use the measuring bowls too.

I enabled a Google app called Move it on my work laptop and I love it....went well w/ this program!

Our school used a small stuffed flamingo to pass around and motivate one another to move. It was fun and an enjoyable way to get some extra exercise.

I just love your information and programs!!

I'm trying and doing a little bit better because of the information shared. Thanks!

It was great to think about getting up, moving around and not sitting so much. I spend a lot of time on my feet when I am teaching, but I have realized that a lot of teachers don't and many have mentioned that this really helped them think about moving and standing more.

I think the program is very good. I appreciate that it is very manageable. Thanks for your work!

The emails were very informative. I had no idea there was so much research about sedentary behavior.

Didn't any weight - but I've lost 17 pounds since September 1 - but I only gained 3 pounds from Thanksgiving to New Year's. A success I say, as I allowed myself to eat those treats that come only this time of year and virtually maintained my weight.

To continue, I have set a 55-minute timer on my cell phone to remind me to get up and move! I also got for Christmas a "my hydrate" water bottle which provides hourly reminders to drink water; and this could also be used to remind me to "defy gravity" activity on an hourly basis - to get up and MOVE! My new motto is - "you've got to move it - move it"!

I'm fairly active normally, but participating in Defy Gravity made me hold myself accountable. If I thought about skipping a day or sitting at my desk, marking it down, made me get up and get going.

With this challenge I have learned to take standing breaks at work and at home. I have also learned about the benefits to staying active. I also used the delicious recipes.

After working in a job where I sat 90% of the time, I realized what it was doing to my back and shoulders. My new job gets me up and moving and your daily tips were a good reminder to do so! Thank you for all the time you put into these monthly challenges.

Standing during my work day is important for me. I'm getting old and sitting in one position for too long is taking its toll on me. I'm really looking forward to the stretching program.

Even though I didn't meet the challenge, I did quite a bit more standing during the day than before. As for the exercise portion, I accomplished several days of 10-15 minutes of nonstop exercise while rarely meeting the 30 minute mark. Since I do stand more during the day, my legs are

stronger and at the end of the month & into January meeting the 30 minute mark is easier for me.

The Defy Gravity Challenge was excellent. It is so good and helpful to always be encouraged to take this better way to live. The recipes were also very good. I appreciate all the thought and work that goes into this program. It really makes a difference for me and others as well.

I have had to buy smaller clothing!

I am very happy to take part in these great health boosters programs. It is a great joy to hear positive people comments about how good I look. Thank you for making a difference in our lives and helping us live a healthier and fit style of life! :D

I have lost a total of 30 pounds and going. Feeling great!

The information in several of the emails was totally new - and very interesting. I shared them with my husband. I am keeping the goal of having at least 30 min. of exercise each day - as indicated by my fitness tracker. Several days I hit 60 minutes or more. I am now able to run in place for as long as 50 minutes at one time. Pretty exciting - and now part of my routine unless we are out and away from home.

I really enjoyed the daily reminders and extra recipes to add to my healthy eating recipe box. I also appreciated the information about sedentary behaviors and ways that I can make simple changes in my day for better overall health. Even if I am standing and working is better than sitting. Walking to a drinking fountain and instead of emailing walk to talk to a coworker. I found so many of these tips to be helpful. I have a timer on my watch that I use to remind me when it is time to get moving. It has helped a lot to keep me on track even after the December Challenge.

I never realized how much more productive a short standing break every hour could make me. I definitely will make sure to continue this challenge throughout the year.

I lost 45lbs prior to this program and never have I felt so good. I never want that weight back again. I wish I could help someone achieve this feeling. It's been one year and still receiving compliments. Programs like this one keeps me on track. I just want to scream and shout look at me!! Please keep up this program. It has taken me 20 years to get this done. Your health survey got me thinking enough to start and succeed. Thank you.

Learning great ideas for working out and eating healthier. Enjoyed all the recipes. Thanks!! The recipes really help when you get tired of the same meals.

I am lousy at documenting my activity, although I endeavor to do it. These programs keep me more conscious and aware of what I need to do to keep healthy. Your facts and quotes about the importance of not sitting too long or too much, especially when they were dated before 1900, were fascinating. Keep it up! I am certain that this program has a positive effect on the health of those who receive and read these emails. Thank you!

We do not have a computer, so I'm glad you let us mail it in. This has been so helpful. My knees tend to stiffen up and this has helped a lot.

I am a very active person so this challenge was easy for me to achieve.

These activities are so much fun! :)

Being a teacher this was an easy challenge, because I never sit still!

More aware of what I am doing at all times.

Always good to be held accountable by writing it down

I loved the quotes. Some I reprinted and taped on my mirror or laptop as reminders to move around more.

I'm so glad that I did this challenge! At first I used the bell schedule to make sure I was getting up and moving around enough. By the time Christmas break rolled around, my body was telling me when it was time to stand and move!

Awesome challenge!

Thank you!

This challenge provided a simple reminder to stay active. There were many times where I wanted to sit to check papers or get an activity ready and with this challenge I was more inclined to stand while getting those activities done.

It was a fun program!

Amazing how getting up and moving gives you more energy!

I don't feel as tired as I was before the challenge.

Enjoyed hearing the studies on sitting. Very enlightens!

Made me think about the standing every hour at work.

It gives me a challenge to work for.

Helped hold me accountable to not being stationary at work.

This was a great challenge! It reminded me on those work days where I have to do a lot of office/paper work to get up and be active! It has become a habit now!

I like be being accountable for more healthy decisions and recording it.

Thanks!

It is always good to be mindful to keep moving and not sedentary. This challenge reminds me and I will keep it up.

Thanks for offering this program and for the motivation.

Love the email reminders!

Thanks, helps keep me on track to better health!

I tried very hard to stand and do activities.

I bought a Garmin as a result of this program!!

I am so excited to have a program like this, losing 10 pounds is just a start.

I like the idea of being aware of how much I move. I made an effort to get out from behind the desk more often and walk around the room. I didn't lose any weight because I ate so much junk at Christmas, but think that the moving will make a difference now that the new year is here.

This was useful and helped me think about getting some exercise daily.

Sadly, I broke my ankle on the 16th of December so I was unable to complete this challenge.

Lost two pounds.

30 minute activity was a big challenge at the end of a work. Walking 3 times a day was good for me. Recipes were pretty easy to make.

Love this program!!

It helped get me up and reminded me I needed to get moving

I have the apple iwatch which was good for this challenge because it would remind me when I needed to stand for each hour.

This was the best yet!

All good!

With this challenge, I have continued to get up every morning to walk. I am up to 60 minutes a day.

Gave me extra push to go to gym!

The Holidays are especially busy. This program really helped keep fitness a priority.

Feels good to stand and move more.

Although still over desirable weight, my weight is stable and all my numbers are great!

It's always good to challenge ourselves...especially throughout the month of December and the months to follow. This challenge provided some good tips to help stay on track.

More active!

I liked reading about and learning about sedentary behavior risks. I just got a standing desk in my classroom-will use it, too! (It's for a student.)

I loved the email reminders, recipes and that I could update my challenge directly from the email.

The holidays can be a hard time to stay focused on healthy habits. This program kept me from most of my usual holiday slump/slip - that's success!!

It was nice to know that something as simple as a standing break would benefit my day.

The emails kept me accountable!

I love the reminder to myself to keep moving. Thank You!

This challenge really pushed me to make a real effort every day to get up and move. I kept a schedule of when I was needing to get up and that seemed to help me keep on the program.

The emails are good reminders and keep you focused during the challenge. Being a teacher, standing break comes easily, however working in the 30 minutes of exercise daily took more effort. As far as recipes, I have not utilized those, but tend to make my own healthy choices

Great reminder to move.

I have a physical job - on my feet all day long!

I became more aware and self-conscious of the standing breaks and the daily activity.

Love this program. It keeps me balanced on the activities to promote a healthy lifestyle.

Made me more aware of being sure to stand and take breaks and also to use my standing desk more.

Loved this program!

Having the recipes in the email message rather than having to go to another link to access them was a great improvement:)

Feeling better!

A great way to keep it in mind with a daily reminder...be healthy!

Although I did not follow the program enough days to qualify, I did improve on my daily activity. That is a plus. I also lost a little weight as I have been

more cautious of what I put in my mouth! Thanks for all the reminders and attempts to keep me on track.

Thanks for a challenge that is easier for some of us to accomplish.

I got a stand-up desk at work this year and have been so happy with the standing time. When I want to sit, I lower it to table height. I find that standing it better for my shoulders and back!!

I was able to use a standing desk and more may be purchased. Thank you!

Another great program from EHA wellness. Thank you.

Good idea!

It's good to bring movement to our attention during the course of a day. I sit all the time and it was very nice to get up and move.

I enjoy the literature and the recipes.

I lost one pound over the holidays!

This was a GREAT challenge. I really enjoyed it and was surprised to find how easy it was to incorporate into my daily work routine.

THANK YOU!

This challenge made me more aware of my day to day activities. Thank you!

Good program!

I just focused on spending more time stretching and standing out of my chair.

I enjoyed the tips and the reasons given as to why standing and walking more are so important to my health.

I enjoyed the Defy Gravity Challenge. I feel I am more aware of my sitting time and will continue to make sure I stand and get some movement every hour. I have even found myself to have more energy at home and feel like I have more energy for my kids.

This challenge made me very mindful to how much you really sit down during a day. Thank you for this amazing opportunity and challenge.

This has really been helping I try to adhere to the guidelines.

This was a good program and very timely.

I love all of the challenges so far.

I was very terrible at this challenge...time of year, lack of motivation, stress at work....But your wellness news was short and easy to read and it DID MOTIVATE me to stand or walk around at least once an hour.

I also shared the information with co-workers who started reading it.

So while I failed the challenge, the challenge did not fail me.

I have continued to ride my bike even in the extreme cold outside.

Enjoyed the wide variety of recipes.

The frequent reminders helped keep the goal in mind.

This challenge really helped me exercising for at least 30 mins which usually always turned into 45-60 mins of exercising. Once you get going it's easy to keep going.

This one was almost too easy for me, but I can see how it would be a great program for those who have more sedentary jobs.

This program helps me stay on track with watching my weight.

This program keeps me on track. Thank you.

Great program thanks :-)

Always watching healthy foods. Trying to eat natural sugars. Doing daily walking. Watching fat intake.

Very very nice.

Good!

Keep the challenges coming!

I was able to start changes within myself, eating better and exercising. Not only myself but my Husband joined in as well! This is our 1st year married so it helps starting our good habits from the beginning.

Loved the info.

Before this I would generally sit for the majority of the work day. Once this challenge began however, I started walking around a lot more and standing up a lot more and I noticed a positive effect on my health.

I work standing up during my work about 4 hrs daily!

Great information in the emails about sedentary lifestyle.

This worked well with my Apple Watch reminders to get up and get moving!!

As a teacher I stand and walk all the time so this program did not particularly make me change those habits. However, I was more aware of moving around on non-teaching days and during the holidays because of this program.

This program has made me aware of my down time. It really helped me get motivated. Thanks!

Very good!

Kept me on track. Always enjoy working out.

As always, I love the healthy recipes to try at home! I only lost a few pounds but found that the emails were a good reminder to stay active throughout the day.

I feel pretty good after everything has been done.

Loved this. Made me make a real conscious effort to stand.

Sedentary lifestyle has been modified to include conscious thoughts about daily routines to keep me healthy.

As a teacher this was not hard to do, but it did get me up and moving more at home and my time away from school.

Made me conscience of how much sitting I was doing and got me up more!

I am looking at some standing desks and possibly going to fabricate a standing desk for my laptop.

Thank you for these programs. Each one helps!

I liked this challenge!!!!

Gave me more energy.

Challenges like this just make you more aware of your overall activity level - it helps keep it at the forefront of your mind, much like wearing a pedometer does. It's beneficial!

Great recipes!

Great programs. Keep up the great job.

Just keep doing are best and keep trying.

I kind of chuckled when this program was introduced because I thought no one with children or dogs can sit for even an hour without moving. This did make me more mindful and I was surprised at how many times during work I sat for more than an hour. Very good information.

This program helped me get the gym at least 3 times a week.

I liked this program!

The program has helped me to be aware and avoid sedentary behaviors throughout the day.

The information about the benefits of not sitting was excellent.

I like the challenges! It seems to stick in the back of my mind and gets me thinking/moving!

The program made me more aware of what needs to be done to be healthy. I noticed not being so stiff since doing this challenge.

I really enjoyed this 'Defy Gravity' challenge. I now have a YMCA family membership, added exercise and strength training to my weekly schedule.

I look forward to the encouragement when it comes.

Makes me more aware!

Keeps me on track and thinking about my health.

Excellent program!

I love the recipes! I have referred back to them to at least 5 times for a meal idea. Thank you for including that piece.

I loved the standing breaks as I cannot sit still for longer than one hour - so it is a good excuse to get up while watching TV. I am a teacher, so I walk around a lot when I teach, but my home habits have changed.

I'm a teacher, so I am on my feet most of the day. I also wore a Fitbit during the challenge. It is crazy how many steps a teacher can get in during a school day!

Thank you for the information given during this challenge. Very helpful and some of it was away from the norm. There were other health issues brought to light that I never heard of besides the usual cardio vascular disease and diabetes. I shared with a nurse about endometriosis being brought up. Thank you for the information.

I like the idea on a lot of the programs you run. You are getting people to think about what they are doing during the day. It may get some of the people motivated to do something. I stay active on my own.

Before the challenge I sometimes would only stand when I was leaving my desk. Now I am getting up standing and doing stretching/reaching exercises.

Emails reminded me to workout on a daily basis. Shared recipes with my wife.

I liked the change in going after a better EHA activity. Thanks!

Helps with how I eat healthier.

This was a fun one to do!

I am more mindful and intentional of my behavior when participating in the challenge.

I held my weight instead of gaining over Christmas which is a good, good thing!

Is been so nice to see how little improvement can do a lot! been more responsible and taking care on taking breaks, stand up, walk.

I really had to make a conscious effort to remember to get up at least once every hour, but felt better for doing it!

Great challenge! Made me more aware of the need to take a break regularly from sitting!

I liked this challenge during the month of December - a lot more challenging due to more snacks.

Good reminders to stand more often!

I exercise regularly, but assumed my scheduled exercise activities offset (made sedentary desk job okay) was surprised that exercise was not enough to fully offset the negative impact from sitting all day.

I think the program was great. I had hernia surgery the 6th of December and was limited for about a week. The getting up and standing was fine walking was a different story.

It's a great idea that we need to move more.

Love all of these challenges.

Outstanding information in the emails.

Good program!

EHA helps to keep me on track. I love the program!

This program help you a lot.

Loved this challenge. Something that I would occasionally think about in the past, but having it as a daily challenge item helped me to set alarms to stand up or move more often.

I am fortunate to have a job that doesn't afford a lot of sitting around or down time. I am very active all day during the week, so this made for an

easy challenge. I could have done better during the weekend. I like the emails/reminders...very helpful. The recipes look good for the most part...I just haven't used any yet.

My actual work day didn't change much, I do these things anyways, but at home I made sure to move around when I wasn't busy. It's easy to sit and relax at home so I made sure to get up.

Has kept me on track with walking and eating healthier.

Makes me more aware of what I need to do.

Eating healthier is key!

Take more standing breaks at home.

During my lunch supervision, I pushed myself to walk laps in the gym, rather than to just sit or stand during that time period.

Thanks!

A very interesting topic. Now I want my desk to be one where I can sit or raise the keyboard and monitor so I can stand. Love the ideas.

I found a cart about 4' tall to set my laptop on as a standing desk, which will make standing at work easier.

I became more aware of the need to stand and walk more. Sitting is good but not for a long period of time.

This was a really good reminder every day to do one of the most basic things I can do for my own health - move!

This made me more aware of how much time I spent sitting in a day.

This made me more aware of how much I sit at my desk during the day I am making more of a habit of getting up and walking during my workday.

I feel the challenges are motivating me to keep my health goals in the forefront. They make maintaining a focus on being healthy through diet and exercise much easier with the tools that are offered during the challenges. It truly is very helpful.

This program has made me aware to stand more during the day at work

This was a good program to make me think about how much time I sit versus stand in a given day.

Looking forward to stretching challenge. One of my weaknesses. Would rather do anything rather than stretch. Need to stick to this one for sure.

Pain in my lower back spurred me to get moving more and your program really helped me do that!

Started going to group exercise classes at the local gym this month.

Sometimes I can get extremely focused on the chore at hand and forget to get up and move around. I have a back issue and have become more aware that I actually feel better by moving around every hour or as often as I am able (contingent on the number of students that need assistance). My home activities have seldom been cause for not standing often and moving around. I am constantly on the move at home.

Reminders help. Keep up the daily ideas.

I've been doing really well!

This made me more conscious about setting for long periods of time.

I did not complete the challenge from December 23 through December 31. I was not in school (at work) during that time, so I didn't feel that it was "fair" to fill in that time on the calendar. I did, however, make sure that a few of my household chores were done while standing. For example, I normally sit while folding clothes. Over break, I stood and folded. I also purchased a fatigue mat and stood more while I was cooking. This challenge definitely made me think more about how much time I spend sitting.

This program made me conscious of doing something about long periods of inactivity in my life and doing something about it!

I am a physical education and strength and conditioning teacher so getting up and moving is a natural part of my day. I am also a mother of four boys ages 3 up to 11 years so my home life is very busy as well. So, as for activity, I maintained this busy lifestyle throughout this challenge, however, it was nice to have the challenge and tracking tool for added accountability! Thank you!

Daily reminders are a great enhancement to keep on track.


I love the recipes!

It was interesting to read the information about breaking up the day with exercise.

I found myself standing/walking more and sitting less.

Learned so many things I didn't know before about the effects of too much sitting. Recipes were very good, too.

Always good information to remind us to stay on track!

I loved, loved the encouragements. I love the recipes as well !

Love the program!!!

It is good to keep reminding us that we must keep ourselves in balance.

There were two of us in my office that didn't have standing desks. Thanks to your information in this challenge we all now have standing desks. Very informative emails and great recipes!

Easier to do than I thought.

Taking this challenge made much more aware of my sedentary behavior, especially at work. I made it a point to get up and move around more, and even when being tied to my desk because of phone calls, I stood more than sat when on the phone.

This really helped me!

Have enjoyed participation on the program and will continue to do so.

Very good program and I like the incentives and recipes.

This was wonderful. I didn't realize how long I was sitting without moving!

This is a great program and the daily emails are a great reminder.

A reminder to keep moving is always appreciated by someone in a sedentary work routine.

I love the daily reminders. I also enjoyed the historic quotes, telling me that people knew about the importance of moving a hundred or more years ago. Thank you.

Loved this!

Realized that consciously taking a standing break in my job is difficult. Remembering to do hourly was tough. Yet I liked having a focus on this part of my health.

Loved this challenge!

Being aware of getting up more often really changed my "binge-watching" habits over Christmas vacation!

It's a good program.

This program helps me be accountable. Daily reminders are helpful.

This was my first month participating in a challenge. I look forward to "stretch for health" next month!

Challenge made me aware of how much I sit during work and home. I have reduced the amount of sitting time at my job or at home. Good eye opener.

Moving is great!

Very good!! Thank you!!

The holiday season was a good time to do this...at least I felt like I was during one thing healthy! I have become more aware of time in front of the TV and try to pace or march instead of just sitting.

Thanks for doing this and keep up the good work!

This one was pretty easy. I teach kindergarten!!

Interesting facts on sedentary behavior.

Did not lose weight but have more energy as a result of the activity.

Nice program to end the year.

Made December a month that I was going to lose some weight, made it happen!

What a great idea!!! This is just the kind of challenge I've been needing. I didn't realize how sedentary my lifestyle was getting!

Such a joy to receive these wonderful recipes, suggestions for exercises, etc. I do look forward to this every day. Happy New Year to all of you involved in this program and keep up the good work.

Until I made a conscious effort to identify how much seat/standing time I have, I didn't realize where I could improve on getting more vertical time. I really make a conscious effort to stand more even when I am at my desk and computer.

This made me more aware of how much I was sitting.

Made me work out 30 mins a day (tried very hard to). :)

I loved how active I became at home. I want to carry this out for the rest of the year.

I love the way it keeps me focused and happy to stay healthy.

May me more aware of eating healthy and exercise every day.

Unfortunately, I injured my foot and could not be on my foot for more than an half hour at a time so I could not participate in the challenge.

It really makes you think when planning your day and the meals you will eat.

I was amazed at how much I learned about standing for your health. I was surprised by all of the research, but I am glad I now know the information. Isn't it amazing that even hundreds of years ago, people were aware that standing and movement was good for your health and well-being.

Great!! Every month I reach my personal goals.

I am a custodian so most of my day is spent on my feet. This was an easy program for me. But, I did do better at home if I was sitting to do something, I would get up and move. Thanks.

Great program!! My 2017 goal is to keep moving!!!

Great Program!

I really enjoyed this one. To be reminded to move at least once every hour was great for both myself and my husband.

The daily commitment helps me stay on track.

I didn't stay on track as much as I should have but I got back on track right after the holidays. I spent several days at hospital with daughter and her sick husband, I also got myself a Fitbit to help me stay accountable AND will be keeping a food diary better....a few things that just weren't a priority the last 3 weeks...will do better now!

This program made each of us in our office aware of the fact that we spend too much time in front of our computers. With this program, we now remind each other to stand and take a break.

Having to track one's progress is a great way to keep you encourage and committed.

I really liked all of the information that we received on the benefits of moving. I think most teachers are better about this than other professions.

I feel great!

I can tell my clothes fit more loosely and it was good to have a motivation over the Holidays!

Loved this challenge. Looking forward to the next one. I didn't lose much weight but it helped keep weight off during the holidays.

Have changed eating habits.

I love the standing break and it was easy to complete. However the holidays alone was tough with food being around everywhere.

I have always been a person who prefers to stand over sitting. When I teach I am rarely sitting and move throughout my class even after instruction.

I didn't realize how much I sit. This challenge was good. I still try to stand every hour even though the challenge is over.

Signed up with a friend at a local gym. We are going to be accountable to each other!

Lost 5 lbs but gained it back over the holidays.

I truly enjoy the Wellness Program offered. It helps keep me motivated to maintain good health.

So good to get supporting data of something you know that is important to a person's well being.

Continue to provide these type of programs.

I am enjoying this program! I feel so much better. I am drinking water like crazy. I am walking at work. I am standing. I am moving like I have never moved before and I feel so great I could cry. I am so motivated! Keep helping us! I will make it personal. Thank you for helping me.

Those were just good reminders to do what we all need to do every day. It's nice to think that everyone is doing it with you.

Easy one for me, I exercise nearly every day!

The recipes were extra good this time! Thanks!

These programs keep me on tack! I like being accountable by reporting on the website!

I am on my feet most of the day so this one was very easy for me. Other than the few days I was sick, I easily finished this challenge every day.

Love the emails and information attached! This challenge has been a great start to the "new me"! Here we go 2017!

I love these challenges.

This made me much more aware of long periods of sitting I used to have. I know make sure to take a 3 to 5 minute standing break after 30 minutes of sitting.

A program well worth the time and had a lot of good information and health tips!

My productivity awareness at home improved much, thank you!

Kept off weight loss during holidays.

I eat whole food plant based no meat or dairy. I'm at my ideal weight and need to work on maximizing my healthy exercise and eating no sweets!

Very good program! As always!

Making myself take breaks helps clear my head and seems to make me more productive.

These programs keep me on track of a healthy lifestyle. The daily reminder of what I should be doing keeps me on target and after the month challenge becomes part of my routine.

I am healthier and more focused on my food intake.

Great for December because of the Holiday Partying and made me aware of what I ate and to keep moving.

I found that standing break during the day, really helped me to become more productive during the day and more energetic.

I am experiencing much less stiffness in my joints as a result of taking a standing break at least once an hour throughout my day and evening.

My best friend thought I looked the best I have in years!!

Keep the emails coming! When I see them I am reminded to be mindful of the challenge.

I have become more aware of my health habits. My lifestyle is more geared toward better health habits now.

Feeling good!

Great challenge and is right in line with the WNCC internal wellness program.

I really liked this program, it helped me to keep a balance in my life. Thank you!

Super good reminder about this important activity. I will continue to be mindful of getting up and moving especially since my job keeps me at my desk a good part of the day. Thanks.

Loving it!!

I'm also doing weight watchers and this program helped in my continued success for my weight loss goals.

Liked the idea of the standing break. Moving around after sitting always helps stretch everything out again and relieve tension.

I enjoyed this challenge. I was already aware of making sure to stand up and walk around each hour and get in at least 30 minutes of physical activity every day. However, with this challenge I was even more aware of getting up and moving and ensuring I had at least 30 minutes of physical activity every day (even when I was tired and wanted to lay on the couch I would make sure I made it to the gym instead.)

The program made me think more often, during the day, to get up and move!

Thanks for the examples of the effects of sitting. I wasn't aware of the negative effects of all that sitting.

I've found that I've become more productive by taking a standing break once an hour during my workday. I never would have thought this possible until this challenge.

Made me think for about moving during the day instead of setting.

I like the wellness programs having the daily emails makes me more accountable and aware of my exercise and eating habits.

I have gotten into the habit of getting up early to exercise.

I was very interested in the information about how sitting effects a person's health. It was very informative.

Being accountable on tracking on the website made me more aware of how much sitting I was doing during the day.

This was helpful during the month of sweets that come with Christmas. I kept me on track.

It made me realize how important it is to stand. I had known about the 30 minutes of activity a day but this program made me do it as before I didn't do it like I should have.

I loved doing this challenge! It made me more accountable for not only my health, but also made me pay more attention to my family's habits as well!

I didn't realize how much better my legs felt after getting used to standing rather than sitting.

I had fun... I also lost three pounds!

I liked the program, because it helped you remember the importance of getting up, if only for a stretch and how important that is for our students, as well. I've further reminded students to stand for a while during lessons, and move around.

I'm on my feet all day at work, so this wasn't really a challenge. But on the weekend, I will sit way too much, and that is when it was good for me to be conscious of my need to get up and move around - especially TV watching!

I have standing work stations at work and home and have for years, so this was reinforcing habits I already have in place, but still a good idea.

I truly liked the program as I was bad about sitting at my desk for too long of a time. It felt good to stand and improved my overall feeling better and being able to actually accomplish more. My attitude is now more positive. Good habit to get into.

More aware of my sitting episodes and the need to move around!

Makes you think about what you are doing.

I enjoyed the challenge!

This program was a great reminder for me that I needed to stand throughout my day. As an elementary teacher, I stand quite a bit anyway, but it just gave me more incentive to stand when I didn't need to. Overall, I am happy I participated and will continue to remind myself that I need to stand and be more active.

I am very conscious about my health, have been my entire adult life. I did continue my close monitoring of staying very active.

Very informative.

I loved this, I loved this program, sometimes you forget to just stretch, also I look forward to next program. Thanks for all that you do for all of us.

I have an iWatch so very easy for me to track! The watch even tells me to stand up if I've been inactive too long!

I like to stand during my day at school. I have my phone set to record my steps and amount of minutes. 10,000 steps and 60 minutes of continuous activity. I usually surpass it every day my half as much. Thank you.

The constant reminders help me remember to stay with it.

These are great programs and easy to follow, nothing too hard to understand and follow.

Great idea for wellness that was obtainable.

Working in a school, allow me to move frequently. I enjoyed this program during Dec. to help counter balance all the holiday goodies I ate.

Good recipes and great reminders to MOOOVE!

I was amazed to read the daily information of the positive results of getting up every hour and standing/exercising. It will be something I will always reflect on and make a conscious effort to do the rest of my life. Thank you for this valuable program.

It seems I have less back pain if I take a standing or walking break at least once per hour. I also have a new Fitbit that reminds me it's time to move.

The email is a great reminder on busy and hectic days.

The emails are great. I haven't tried recipes but I like knowing they are there.

I did good at the standing breaks however it was difficult to make the time for the 30 min. Activity. It's more about making the time to do it than having the time.

Interesting. I need to move more.

I like the idea to stand every hour. My legs need that break.

Awesome I'm always moving!

I was happy to maintain over the holidays and a family wedding. Having to honestly update daily progress is a good incentive.

Wear a fit bit that reminds me to move around.

Great job, thank you!

Didn't lose any but didn't gain any during holidays.

I did well when I went to see the Doctor for tests because of the extra push.

Before Christmas, I was very committed and did well. During and after Christmas I did not do very well. Your programs are really helpful. It was me that didn't adhere as well as I should have. Thanks for your great commitment and programs.

As a teacher, this was not hard to do. I normally stand a lot during the day.

Really enjoyed the daily reminders to get up and move around. It helped with my productivity and ability to focus.

As a teacher, this was very easy to do. I normally stand most of the day.

This program forced me to make sure that I was moving. The job that I currently have requires time at the computer and so I had to make sure every hour that I was getting up and moving.

This was a wonderful reminder for me!

I like how these programs push me to try to better myself.

Love the awareness to activity these programs bring to me.

Improved energy level is the greatest benefit

I've got a standing desk at work, so this was a great way to remind me to stand it up once an hour.

I love these programs. I learn so much; I enjoy the recipes. I like the check in system.

Great challenge!

This program is very helpful to overall health.

I truly enjoy looking and trying some of the new recipes.

This program definitely made me reconsider how often I am sitting during the day and at home!

I make an effort to leave my desk and move around for 10 minutes every hour.

I work with small groups of children for 30-45 min. I had to remind myself to stand and move around between groups. At home I set a timer and found I felt better and got more done if I just got up and moving.

I loved the daily reminder to fill out the tracker! It kept me motivated to move!

I'm thankful for this helpful reminder about sedentary non-active behavior. It helped me to move.

This program creates more of an awareness for me as to my overall health. Hopefully in our work environment, we can remind each other to stand and move at least once each hour if not once in the morning and once in the afternoon.

I like the email reminders of what I should be doing for better health! I like that the goals are doable.

This was a very good challenge. I enjoyed it!

I really enjoyed being educated on sedentary behavior. It helped me to be more conscious of my behavior and trying to move around more. Also, I shared this information with my family!

It was a good program.

Always enjoy challenges!

What a good reminder to get up and move every hour. I loved the thought about moving when a commercial comes on - really makes one think about how much we sit throughout our day.

The emails are great and don't allow you to "forget" about the challenge!

I really like the daily reminders.

I now have a standing desk and walk over my lunch break.

I didn't lose weight, but I didn't gain weight between Thanksgiving and New Years! That is a new change for me!

Love this program!

Great to have such an encouragement!

Since December I received a stand-up desk and it has made a huge difference! I love it!

I am more aware of moving around which helps staying active.

Awesome program! Easy tracking!!

I always feel better when exercising. As a teacher, standing is a normal feature of my day!

I love this program. I am someone who needs to track it in order to keep with it. It is also fun when colleagues ask about progress and keep you in check.

I had no problem doing this one. I am a night time custodian at a school and am standing and moving while I am working all the time.

This program was very positive in my life. It really encouraged me to think about what I'm doing for activity and get moving. I had to start slow due to my previous lack of activity and an upper respiratory infection/sinus infection. Hoping to continue growing on this journey with this new activity challenge.

I exercise most every day (Jazzercise is what I do).

I love these challenges since they make you want to work hard to maintain better health. Or in some cases to become more healthier overall.

I was excited to lose a little weight. I am hoping to continue losing by continuing the suggestions here even though the challenge is done.

This was a great program just before the holidays. Recipes were better than ever.

I have lost about 14 pounds this go round. I am also in physical therapy to help me pout so this one has been extremely easy for me to accomplish. Thanks for the motivation.

Sleep, healthy foods, & exercise!!

I am currently in my third trimester of pregnancy and this challenge help him out so much with maintaining more energy. Thank you so much!!!! Just getting up and taking a small walk around my office keep my discomfort level more minimal.

Makes me more aware!

I love the reminder emails.

I loss the 3 lbs. and was making sure that I was working out and watching my eating.

Lost more weight again this month!

Really liked this program, with being an Administrator I have people coming into my office all day long and this one was good for me to remind myself to get up and get out of the office when there were moments when nobody was visiting the office.

I feel tremendously better when I focus on my health. The emails are great encouragements when my habits get sloppy.

Due to EHA, and our work Health Program I invested in a Varidesk at work. Love it!

This challenge was a great reminder to be more active, even during times of rest. Enjoyed it!

LOVE THIS PROGRAM!

Thank you for all of the information on the effects of sedentary behavior-very motivational.

I had to drive to Colorado on the 26th and back on the 28th. When I would stop for get food and gas I would walk for at least 15 minutes. I felt rejuvenating and kept me going.

This program was an excellent, much needed reminder.

I love tracking my progress!! It has really helped my stay of target with my goals.

Lots of good and useful ideals.

This has been a great reminder of needing to move around throughout the day!

Good.

I like to do a double set of stairs a couple of times between classes. I find that helps me work in some daily activity in short spurts - and the moving feels so good.

The more I work out the more energy I have! :)

Just the daily reminders and e-mails jogs the memory and is a good motivation. I wish I had time to try the recipes!

Helped motivate me to go to the gym!

I have a job where I sit and stand. So this worked out for me.

It has helped in not sitting for a long time. The more you move the more you lose.

As a teacher, getting a standing break every hour is not difficult. I focused on taking this break over the weekends and holiday break. The conscious thinking about health on a regular basis is a good habit to get in.

Emails hold me accountable

I become more responsible for my overall health habits and lifestyle!!!!!!

Am very pleased with the results. Losing inches. That's more important to me right now. And it's working. Thank you very much.

Thank you for this program I am getting better and better. I am getting use to standing up and stretch it is very helpful. Overall I learn a lot to help me at work and at home, Thank you for the good work.

I'm looking forward to the best year yet with my weight and health thank you for this encouragement.

Like the programs!

Thank you for just making me be more accountable!!

I love this program. Keep it coming :)

I am a stander, but during this month I was especially aware of needing to get up and stand.

Made me aware of how much sitting I was doing. Wanted to stand up and walk around more.

I love this program!!!! Keep up the good work!!!

I loved the yummy recipes!

I liked how the program held you accountable for your progress.

Thank you for developing a great program for us.

Losing weight with this program feels so good.

I love this program. Even though I try not to forget what I have to do to improve my well-being, this reminders come handy. Thank you.

It was really great to be reminded to not sit all the time! I have the tendency to get working on my computer and not leave my seat for hours a day. This is so unhealthy and I really need to do something about it!

The standing was a great idea. With my back issues it really does help!

I love the programs. They make me more aware of my health habits.

It was a good reminder to take time to get up from sitting so much. I tend to get too involved at my computer and need to move around. Also, helped me get in classrooms more and see the good things going on in the school.

Thank you for making me aware of the health risks associated with sitting.

Good program!

I really liked Defy Gravity. Your daily emails reminded me to get up from my desk once an hour and I walked on my lunch hour every day.

Change my habits from very bad to good. Took a couple steps forward.

Good to be made aware of the health risks of sedentary behavior.

The month is busy with all of the holidays but it was really nice to look at the scale and be down at least five pounds after all of the snacks, etc.

I started working out each morning for the month of December and only missed 2 days of my work out routine which is huge for me!! I slowed down the 1st week of January but I am back at it today!!!

Body definitely feels better after taking a break from the desk. Standing and walking once an hour.

I really liked the idea of taking a standing break at least once an hour. I will continue to do this each day.

Thanks for keeping the activities fun.

More energy.

It was all ok!

I started working out in a gym. Love this one!!!

So delighted to take off seven pounds and 4 inches off my body. It has motivated me to focus more on my health and create a healthy lifestyle.

I find myself doing extra chores to get more movement.

This is something I do without realizing that I do it.

I changed to a standing desk and my back is thanking me for it.

I enjoy the program and it helps keep me on track and held accountable for my food intake and my activity level!!!!!!:):):) Great program!!!!!!!!!!

I am going to continue to take a standing break. It made so much difference in my energy levels and overall productivity at work and at home.

This program really made me think about how much I was sitting during the day. Now I'm moving more and it's helping.

I like your programs. I am 69 years old and have been keeping my weight off over a year now. I feel much better about myself now.

A great reminder to continue to be active and MOVE while at the office.

I really enjoy this program!!

Feels good getting back into a fitness routine and making fitness a priority after recently having a baby.

It is always good to lose weight over Christmas! Yeah! It was just a pound but that is great.

I love this. Keeping track of my progress holds me accountable for my actions.

Great program!

I truly appreciate this wellness program. This particular challenge has made me more mindful of how often and the length of time I am sitting.

While waiting for assistance in public, at times I will stand rather than taking a seat. I also make sure to park further away when my children are not present with me. It has been quite cold here in Nebraska.

Overall, I am satisfied with the EHA Wellness program. I look forward to more challenges and great recipes.

New year's resolution to lose weight

Keeps me going!

More aware of standing and incorporating small times of fitness activity.

I love the challenges and the accountability of the reminder emails!

Made me accountable.

Bought a Garmin because of this program!

Great Challenge! This challenge helped me remember to get up every hour and now I take a walk on my lunch hour.

I really liked the challenge to stand up as I get to focused in work sometimes. I am going to get a desk that lifts up so that I can stand while I work as well.

Love the motivation and tips of the program! Thank you! Thank you!!

Great!

This was a lot of fun doing with my coworkers together.

I felt more energized this December than in the past several years. It's always hectic, but I didn't feel as worn out.

My weight remained the same as last year and all my ### are very good from lab tests.

This forced me to use my elliptical that's been collecting dust in my basement!

I have really enjoyed the wellness program!! It has really made it a fun way to stay healthy!!!

I never noticed how much I sit and the negative effects it can have on your back in the long run!

Eating better and feeling Great!

Great stuff!

Loved the recipes this time! Also, this was one of the more conscientious challenges for me.

Making sure I was up and away from my desk also helped with eye strain from looking at my computer!

I enjoy the accountability!

Good positive INFORMATION.

Thanks!

I liked the program because it was extra motivation to my current lifestyle. Every day I got an e-mail that was a friendly reminder and it was encouraging to think about standing more and being active.

I bought a sit to stand desk riser. Absolutely love it.

I wear a Fitbit while I teach. It is amazing how many steps a teacher gets in within a day. Then I went to the gym after school. I was able to get all my steps in easily!

It is very nice to remind people how important it is to watch our health.

Love the tips and recipes.

I became much more efficient, and built myself a standing desk!

I tried harder to exercise more often. I also took standing breaks much more often.

Helped me stay on track during the Holiday season!

Great reminder to stay active... especially during cold weather.

The month of December is crazy busy at work and at home and I just didn't have time to update my progress. Exercising every day went out the window in December!

It was eye opening to see how long I really do sit during the day at work.

I am feeling better about exercising for my health. So far so good.

Love this program!

Once I get use to a change, I can usually follow it fairly well and consistently, Thanksgiving and Christmas were a challenge.

I have been doing weight watchers since June. That has encouraged me to do the things that this challenge encouraged. I have lost a total of 38 pounds - so I am excited.

I borrowed a standing desk this month and there is a possibility of purchasing more.

This program topic was especially helpful and changed some habits in my life by getting up more, moving around and walking 30 minutes on the treadmill daily.

Already do these things since I am active at work and with workouts.

Doing this program made me much more aware of how much I actually sit at work. It also helped me to change, in that I am taking more breaks and moving more during my day!

I like to arrive at work well before anyone else. I'd usually dive right into emails and laptop work. As others arrived in the office, I'd realize that I hadn't moved once from my chair in almost two hours and I could feel it.

I did not realize how much time was spent idle.

So nice to have this program available.

Good program!

I keep reminding myself that I need to stretch and walk away from my desk! Will continue, can't wait for this coming spring! I used to walk two miles everyday

Feeling better!

My apple watch helps me remember to stand each hour and it really changes your day when you consistently move.

The reminder is great for more own personal goals to have an extra incentive. I real enjoy trying new things with food as well, and it's fun to add healthy options to my recipe book.

I like that the challenges are easy to complete and encouraging in nature.

This module affirms what I had as a typical urge to move at least once an hour, in a more productive way.

Thanks. I'm really looking forward to the next challenge.

Holidays are rough!!

Great program!!

Great reminders!

As a school teacher - this is very easy for me to accomplish - I very rarely sit down! So I have made more effort when home at night or during my break to get up and move.

I liked the fact that I became more aware of how long I was sitting and that I needed to make a point to stand and walk around much more frequently. Even though the challenge is done, I am still standing and moving more.

I have lost 30 lbs through this program as well as another helpful program.

Really became aware of seat time!

I try to walk at least 10,000 steps per day, 5 miles, burn 2,000 calories, exercise 30 minutes and sleep at least 7 hours per night. I have a Fitbit that I use to keep track.

I'm a custodian at my school, so moving every hour is not a problem. going through this program it did make it clear to me how much moving I do in a day, Thank you.

Love the variety of these programs! Thanks so much!

Love what you are promoting! Thanks for what you do.

I really like the daily tracking it helps keep me on task.

Great!! I like to learn anything that helps me to have a healthy and wellness life!!

Thanks for all the help!

Keeps me on track!

I like the tracking it helps keep me on task.

Great program!

I have lost 2 pants sizes since I started this program! Thank you! Sometimes it takes time and the motivation and program to get things moving love it.

It was interesting as I'd set a timer to remember to get up from my desk and move how frequently I DON'T think to do so!

This program made me more aware of how much I sit during the day and caused me to stand and walk around more often.

As a PE teacher, this helped me by walking around more during my classes!

I am usually pretty active at work, and I have also lost 15 pounds since last Feb. 2016 so this helped keep me track. I have about 10 more pounds I would like to lose.

Being a teacher, I am on my feet almost all the time, so this wasn't particularly hard to complete.

Made me more aware to be on my feet moving around not only while I am teaching but also at home!

Thank you! Great challenge and I was motivated and found it easy to work in to the day!

Good reminders!

I mentioned this month's goal to my husband half-way through the month and realized that I move more during the day than he does. He started making it a point to be up and moving at least once an hour for his desk job as well. Thanks for a simple movement small motivation! I notice he's starting to be more active, here's to hoping for a healthier 2017!

I really appreciate the accountability of having a way to track my physical activity.

This challenge was very meaningful. Since I rarely ever sit, it is easy to believe that the standing is productive. Standing and moving with a purpose is very important.

I love these programs. They really get me thinking about my health and encourage me to make lifestyle changes to better myself.

Great, daily reminder about the importance of getting up and moving! My difficulty at work is that I teach online and am expected to be in front of a computer most of the time.

I have a pretty good exercise and eating program that I follow, but I enjoy the articles in the emails and the accountability.

I did a good job becoming more active.

This program made me aware of the times that I was sitting. I started using the clock to set up my break times so that I would stand and walk around and not just keep sitting.

Good program!

Please, continue the email great information to have.

I changed my desk from a sitting desk to a standing desk for half of the day. It has really made me focus more in my teaching.

Loved that it promoted standing and being active. It really brought attention to how much we gain by standing alternated with sitting and the circulation!

Great program. What a great way to involve staff, motivate individuals and encourage healthier habits. I'm appreciative.

Moving around more!

The daily reminders helped me be even more aware, which overall helped me continue reaching my goals.

Loved this challenge and how it goes hand-in-hand with Fitbit.

I love the quick access and reminders provided through email. Great ways and ideas to easily incorporate more healthy life style with not having to change drastically.

Having to track my progress makes me more accountable to make sure to plan the exercise in my daily/weekly plans.

I liked this challenge!

Thanks for the challenges!

Made me more accountable.

These challenges keep me mindful of everything I do, eat, and think!

This program has been instrumental in supporting my health and exercise goals. Although I am very physically active in my daily job, the daily reminders to stop, think and make positive choices has been a real gift to me in my daily routines,

Being mindful about hourly movement at work.

Healthy life leads to a successful life.

I am really enjoying these activities.

A great program!

Keep up the good work!

This has been a great plan for wellness.

I walk all the time - it kept me on track when it was cold.

More energy!

I teach kindergarten. This was an easy one!! Love the programs!

I really like this program. It has help me a lot. Can't wait for our next segment.

Thank you!

I think I'm doing really good for having a hurt leg thinking of thing to do.

I became aware of the problems when setting for long periods of time.

This program made me more mindful of my sedentary behavior and did try to move more often.

I had my computer set up on a podium so I can work at it standing during the day and that has really helped my posture and my comfort standing.

I really enjoyed this challenge!

Excellent incentive to be accountable for my overall health. I am a gal who needs a good push and support every now and again! The emails are great for that!!

Enjoyed participating!

Great emails, thought provoking!

Excellent!

I exercise regularly at a center with a group. However, on the days I didn't exercise I made sure to walk my dog so that I would have the 30 minutes daily.

Great program!

I had shoulder surgery Nov 21st and reacted to meds for 2 weeks. Limited activity and lots of rest time/no work for Dec so couldn't do the exercising, but did do standing breaks daily.

Excellent!

Just good information to remind us about our health.

The emails help remind me to record...I can get in a good habit of doing the program, but recording it is harder :D

Hoping to be more successful this year!

I just had a baby and this was a great way to slowly start getting back in shape.

Although I'm an extremely active person, this concept is so important.

It is good to keep moving.

It gets better and better every month.

This program help tremendously in my mind said for the day and the week ahead! I was able to re-evaluate some bad habits and make some lasting changes!

Made me very aware of a healthy diet.

This wellness challenge helped me get out of my slump with exercising. I'm back up to 3-4 days a week now.

I enjoy the recipes.

I became more aware of myself, whether I was sitting or standing.

This helped motivate me to get more active!

I was finding that I was really tired throughout the day and sometimes a little bit off in my productivity mostly after I got home from work. I took the challenge and felt okay at first, but as I became even more active and tried some of the tips I felt more and more energy throughout the day. Being more active also helped me make better food choices.

This is a good program, I just have to keep working hard at changing my habits. It takes 30 days to change habits so I am still working on making my changes.

We got some standing desks for our students this year, and they love them.

Enjoy the challenge and definitely the weight loss.

The biggest success for me is to stay active and move as often as I can.

Great!!

Very good program!

Loved this challenge! It really helped me be more mindful of how long I sit at a time.

This month helped me become more aware of all the sitting that actually takes place in a day.

This challenged me to be more fit! I even got a new Fitbit to help track my steps and such.

It brought awareness.

As a PE and strength teacher, I am already pretty active, but this program helped me consciously think about my level of activity and minutes of activity, as well as, making sure I'm moving enough when I'm doing paper work at my desk.

Everything is good!

Well done!

Very helpful.

Love the recipes!

This program helped me to be more aware of the amount of time I sit or move around throughout the day.

I am glad I tried the challenge and stuck with it. This routine is something I will continue doing in the future to stay healthy

Helped me maintain positive habits through winter months.

This program reminds me to take care of myself!

Using a Fitbit to help with meal track also with exercise.

Good program!

Helps me get on track and think about what I am doing. Thanks!

Great challenge!! It made me think about how much I sit during the day. (too much) :)

Easy way to record - good emails - I got off 3 lbs. this month. Didn't really change a lot but just moving every hour - and doing some form of activity helped a lot.

This program has encouraged me to stand more and be more active. When standing, I find myself standing straighter and taller. Feel good.

Thank you for this program and all the other good, positive programs.

I loved this challenge! It felt great to get up off my feet more often!

This was a GREAT challenge!

Thank you so much! I lost 10 lbs.

I loved the emphasis on getting up every hour! The human body was not designed to be sedentary! We don't realize that we are spending solid hours hunched over our desks, staring at the screen, straining our necks and backs.

I was so happy when I lost my weight! Going to keep it up!

I have been a lifetime Weight Watchers member for several years. It has become a lifestyle. Paired with my new Fitbit, I am more conscious of when I need to move as it reminds me when I haven't gotten enough steps each hour.

This challenge made me aware of how often I sit during the day!

Daily reminder to "think healthy" is very effective!

I like that the program made me think about how much movement I was getting.

Since I teach, being on my feet is not an issue, but this challenge helped keep me focused on getting my workout done at home!!!

Love this program keeps me in check with what I really am doing not what I think I am doing. Thanks!!

Thank you!

I have really enjoyed being in this program. I have a lost a good amount of weight and feel good about myself. I would like to lose some more to get down to my ideal weight.

This was a good program, but there was way too much holiday foods and celebrations during the month!!

Thank you for coming up with interesting and motivating challenges.

I am proud of myself. I did it!

After starting this program, I really think about it & have started getting up & moving every hour. What a wake-up call.

Increased awareness to MOVE!

I was much more conscious about being more active even though I was not.

I like the tracking part of the program. It makes me more accountable for making progress.

This was a good month to do this challenge with all the extra calories of the holidays.

Helps me remind me how much my students need to move as well.

Always active!

December is tough month with holiday treats. It helped to have the challenge to help me though the month! I maintained my weight in December, and sometimes I have trouble with that over Christmas break.

Workout 5 times a week. 7 miles 5 times a week. 75 crunches 5 times a week. Treadmill AB coaster exercise bike for the last ten years

I am happy for this program.

As each day passes, I am becoming more health conscious. I take the time to ask myself if what I am about to eat or do healthy for me?

Thanks for helping me stay focused.

I never lost any weight but I also did not gain any during the holiday season

Because of Defy Gravity, I have become much more aware of my activity level during the day both at work and at home. My mother had a massive stroke in 2008 and thankfully survived, but not without a cost. I have since feared having a similar fate. I'm thankful for this program to help instill healthier habits in all of us.

I really felt very relaxed during this challenge. I was also stress free.

Great!

It really pays off to eat by using the bowls.

Thanks for the wellness program! 😊

It's all good!

I really enjoy this health and wellness program. Thank you!

I enjoy this program!

These programs are fun and varied enough that trying to be healthy & fit is enjoyable. And knowing there are others participating makes it more fun!

I am fortunate to get to move around and go outside at two times a day.
Love that part!

Love the Wellness Program!! Keeps me motivated to stay healthy.

Thanks!

Didn't lose weight but didn't gain any back over the holidays! That's a win for me!

I really enjoyed this challenge this was something I really needed to do for myself. I have lost 14 pounds and that in turn is making me feel so much better.

I have enjoyed reading all of the recipes. Thank you!

Checking in on the website really helps me to be more accountable.

I absolutely love this program!! I hope it continues!!

Good to get moving.

A few minutes of "down" time used to mean sit down and check my email or read ahead in the lesson or story. By mindfully using this as a standing break, I feel better and stronger...my stamina and coordination have improved. I can walk and read at the same time! Simple steps to being healthy.

I think more about moving, drinking water, and eating more fruits and veggies since starting this program.

Great program.

Thanks EHA!

I think the website helps keep me on track and serves as a good reminder.

I Love IT!!!!!!

Love the program.

During the year I'm pretty good at exercise and eating habits. I'm very busy working 2 jobs and doing all there is to be done during the holidays. I registered for this to plant a seed to do my best. I know I tried but wasn't totally successful.

Great program.

Keeps me on track!

I have always been a walker before the program, but this has made me more aware of the length of sitting sometimes and the need to get moving.

I think this is a great program for our district. Getting the emails with tips really helps put things in perspective. Staying healthy makes us better at our jobs.

Good program! Self-Awareness is great!

Made me sleep better!

Keep those little very important tips coming short and easy to read each day.

Thank you.

Great program!

I always benefit from reminder emails.

I had also joined a weight loss program, so this went hand in hand with that.

Thank you for providing daily reminders to monitor my personal well-being!

I'm committed more on eating right.

Thank you for the program. I hope it can continue.

Great recipes!

I lost 4 pounds and was carefully watching what I ate and motivated to stay active.

I continue to watch what I eat just to feel good about it. In the past, I made poor choices and would eat whatever I wanted. Now that I pay better attention, overall, I love how I am today and how I have much more energy. It has made a difference!

I enjoyed this, I believe I have had a shift in thinking.

Looking forward to the next challenge. As a runner stretching is very important.

I just want to say that I feel great. I love this program.

Love these challenges! Sure raises my personal awareness!

Positive shift in my thinking that transmitted to my actions.

I had days where 30 minutes of working out didn't happen but I would go for a walk over my lunch.

It has help me a lot. Thank you!

Life is good!

This program gives plenty of motivation. I welcomed the thoughts and a good challenge.

I enjoy participating in these programs, they give helpful tips on how to stay and get in shape, healthy recipes and for the most part just good information.

Feeling healthier and have more energy to play with my daughter at home.

It was a good program, but I need to be more disciplined and carve the time out for exercise in order to make it a daily habit. I always seem to get caught up with doing something at home. I did better than normal in regards to taking breaks and standing more. Winter is especially hard to get motivated to exercise.

Due to some physical issues, my lack of cardio at this time is my biggest hurdle. But this program has been a great help in keeping my health at the top of my priorities.

I have so much energy now - I can just cry! I walk so much at work. I'm constantly moving at home. I think I have more energy than my daughter. She just looks at me she is amazed at me. Even some food I look at I don't even want but I love my water. Thank you so much!! I want everyone to know about how you all is and has you have helped me.

Great program!

Since May of last year I have lost 14 or more pounds. This helps keep me grounded and I will continue to participate.

Thanks much!

As a life-long office worker, I really liked the information and how important it is to MOVE THROUGHOUT THE DAY!

Well done.

It causes you to think about exercise and how important it is!!!!

I also have my husband doing the wellness program in terms of eating less sugar and doing the P90X fitness program. We also bought a Simply Fit Board over Christmas

Enjoyed the challenge!

Very good experience.

Made me think about what I was doing.

Fantastic program!

This program is a great reminder of how everything we do counts.

I have got to do better on my at home activity more often. My day time is great. I feel better when I do more when I'm off from work.

Thank you!

I have an app on my phone to calculate the steps i take and the minutes i walk. Walking 60 minutes steps 10,000 steps. It works out great for me.

Awesome! kept me on task!!!

EHA has been fantastic!

I feel great!

This helped me be more aware of what and when I was being active.

I may have not lost much weight, but even though it was the holidays at least I didn't gain any weight. The cold hasn't helped my efforts because I prefer to do outdoor exercise activities and when it's brutally cold I am not outside as much.

I enjoy reading articles that will help us.

I would love to carry this program on for follow up and continuous progress.

Ready for next challenge!

Enjoyed this challenge!

I'd love to see more vegan recipes. :-)

All is good!

I liked this activity because it helped me to be more productive.

Let's do this again or make it an ongoing thing.

Looking forward to the stretching program!

Keep up the good work!

Keep helping us to do better in our daily work, and at home.

Thank You!

Thank you for the informative information. I liked the quotes from the 1800's where it was known the benefits of standing vs sitting etc.

Keep up great programs!

Thank you!

Keep doing the great things you are doing.

Thank you.

Keep doing what you are doing.

I have found a "wellness buddy" to help each other stay the course. (clear across the state) We will have to report weekly to the other via email and on the honor system...We have a personal challenge goal the biggest margin of loss gets go pick the place for dinner out paid for by other challenge buddy.

This one was somewhat challenging due to the Christmas break. It is a good thing habits were forming before the break began!

Suggestions are to keep doing what you all are doing I want to stay in the race. I'm ready for the whole challenge. Thanks!

I felt good that I gained only 2 pounds.

Following the program is always very helpful for me. Thanks!

We received a vivo fit as part of grant money from EHA--I have found this to be very motivating also.

Keep up the encouraging words and recipes. It's like a personal trainer whispering in my ear, "You can do the daily exercise and eat right for life". You can be a WINNER!

Great job, thank you!

More recipes!!!!

Great program!

Keep up the great work and support.

Thank you and I am looking forward for the next program.

Just love it!!!

Program was really great. I liked the challenge.

Keep up the programs, please.

Enjoyed the program!

Keep up the good work!

Keep doing what you are doing!

Everything is good.

Keep up the great work!!!

I liked the plan during the holidays. It is a challenge.

Keep the programs coming!!!

Keep doing what you all do best that is to help others to help themselves.