

Less Is More

Enjoy your food, but eat less.

health matters

Challenge Guidelines

- Fill half your lunch or dinner plate with fruits and vegetables.
- Use your 8 oz / 1 cup mini serve bowls for preparing food, serving small portions, and limiting snack size.
- 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the Vegetable Group. 1 cup of fruit or 100% fruit juice, or 1/2 cup of dried fruit can be considered as 1 cup from the Fruit Group. Adults benefit most from at least two cups of fruit and three cups of vegetables each day.



Total Participants: 19,869 **Completed Program:** 9,829 **Online Reporting:** 11,965

Online Surveys Completed: 7,126, 36%

Survey Responses:

Did you adhere to challenge guidelines during October?

95% YES 5% NO

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

17,464 pounds lost by 4,404 participants.

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

92% YES 8% NO

Will you participate in the next challenge - Defy Gravity?

96% YES 4% NO

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

Emails and Program Content	3.97
Recipes	3.79
Nordicware Mini Prep & Serve Bowl	4.29
Website & Tracking	4.07
Overall Program	4.11

Personal Behavior Before Program

Fill half your lunch or dinner plate	
with fruits and vegetables.	3.26
Use small bowls or containers for	
preparing food, serving small	
portions, and limiting snack size	3.13
Productivity work/home	3.48
Overall well-being	3.50

Personal Behavior Before and After Program

Fill half your lunch or dinner plate		
with fruits and vegetables.	3.80	17% ▲
Use small bowls or containers for		
preparing food, serving small		
portions, and limiting snack size	3.81	22% ▲
Productivity work/home	3.81	9% ▲
Overall well-being	3.84	10% ▲

EHA Member Comments

I've been following the Wellness plan for the past four years. I'm proud to say that I have gone from a size 18-20 to a size 10-12. I am loving the new me. I will be 61 on the 26 of this month. Thanks!!!

You make it so easy to keep track of daily habits which, in turn, works as reminders and nudges in the right direction.

49 years old and feel better than ever!

I have been losing weight steadily for the 3 or 4 years I have been on this program, and I am nearing MY 100th pound lost mark. Thank you for helping me.

Although I have lost 40 pounds prior to this challenge, I feel ready and excited for any challenge given to me. I can now say I crave fruits and vegetables and not ice cream and chips. The energy I received from losing all that weight was a bonus I didn't know I was going to get. Wanted to do this for twenty years! AT LAST!

You make your programs so user-friendly and that makes it easy to remember and follow. Thank you for the lovely bowls! They are fun to use while cooking!

I love to be in EHA Wellness program because it helps me so much thanks!

My clothes are lose.

I love the little gifts each time, it seems like an additional reward to improve your health and eating habits! :)

Love that we can participate in such an awesome program!

Really love how this makes wellness behaviors more intentional.

I use the small bowls most morning for breakfast cereal. I was surprised to see how much more I had been eating in larger bowls. Even snacks, peanuts, popcorn, chips, ice cream & brownies...now I fill the bowl and stop eating when it's empty.

The small bowls have been a great asset. I use them for our grandkids as well. They have no idea they are getting a smaller serving of ice cream because it is served in a smaller bowl.

I like the "check in-check out" process through email.

I love all of your containers. The little bowls are excellent. Love your programs. Thank you for keeping me on track.

Our district had a good promotion for this wellness challenge. It turned out better than some of us anticipated.

I really enjoy doing this program!!! I have talked two of my friends into joining this with me!!!

Really like the small Nordic Ware bowls. I use them all the time to help remind me of portion control. Funny thing was, I realized I wasn't getting my "1 cup" of different foods and was actually not eating enough of 1-cup size of servings. I also use the bowls to set up my snack for the day and leave the bowl on the kitchen counter. When I get that urge to snack, I reach for my pre-measured snack instead of reaching for high sugar or other junk foods. Thanks for the program! I am more mindful of my eating habits now.

I really enjoyed this challenge because it made me mindful of what I was putting on my plate. This mindfulness has continued after the challenge, even though I no longer have the accountability factor of logging things on website! Also loved the recipes and have even tried some.

I have really enjoyed the challenges over the past few years. The FREEBIES are motivating to me.

I just love how EHA wellness programs help me and my family! Always ready to start the next challenge with me.

My colleagues are impressed with my dedication to the EHA Wellness Programs. It makes such a difference in my overall daily living!

Thank you for the Nordicware prep bowls! I use them every day! Thanks, too for providing continued wellness programs. I feel very supported in getting healthier!

Your programs are always great and we learn something from each one. This one proved that small helpings are plenty.

The bowls are such a good reminder when prepping/ snacking what a serving size it. LOVE this.

I loved the small bowls! The colors are so nice and they are so easy to use and measure portions. I haven't done that before, just guessed. I also noticed that during the program I seemed to have more energy which is wonderful. Thank you.

The EHA Wellness program has made a huge difference in my life. I love the daily reminders and recipes.

I LOVE the small bowls. I use them ALL the time. So great to LIMIT portion sizes!! Also, this program was a great reminder to split meals while eating out. I'm always full after 1/2 the meal and never need more! Thanks for a need combo of behaviors this month!!

I enjoyed the camaraderie of discussion during lunch break with co-workers on healthful eating, new recipes/foods to try. Then EHA Wellness emails give us "food for thought". Thank you.

I am excited to finally be back in a size 10 from a size 16!

This challenge made me more aware of what I was putting on my plate. As it's said, it takes up to 14 days or longer to change a behavior. Since this program was for one full month, I believe it has helped me as November has begun-I'm more aware of each meal.

I have been trying to talk to my elementary school aged children about portion control for a while. The snack sized cups have really helped - both them and myself. Thank you!

Your programs always redirect into positive eating and healthy behaviors.

I have lost a total of 63 lbs this year!

I loved the bowls to help monitor my portion sizes. Still using them in November!!!

I actually brought this whole program to my home and worked with my family for controlling portion sizes!

I have really stuck to my guns and eat only what will fit in the snack bowl. It has made a world of difference in my intake for me and the family. Everyone in the house is on track for using the bowls.

Thank you for encouraging both myself and my family to be much healthier! Just yesterday, we had five types of vegetables and four types of fruits! It has encouraged us to also get back in the habit of eating our healthy greens, which is so vital to our overall digestive health!

I loved the recipes as they helped me stay focused even during my rough patch in the day- right before and at supper time. I was able to have healthy suppers to stay on track, and didn't have to "wonder what I was going to make for supper"- I just checked my email!

My whole family worked on this together - easy!

I rarely buy fruits and vegetables before and had no vegetables in my meals at all except onions and tomatoes, now there is always fruits in my home and instead of pop I make juices with real fruits and every meal has some vegetables. I minimized my servings with the measured bowls I used them to measure my meals, I learned that I used to eat 3 portion meals in a one portion meal that opened my eyes a lot. Thank you!

I am pregnant, and this program helped me stay healthy!

My husband and I started eating healthier this spring/summer. This program and the serving cups made our behavior change easier to do. Thanks for the incentive to do better. My husband has lost 25 pounds and I have lost a little over 5 pounds. I am now within my target weight range.

I just absolutely love these challenges! Even when it happens to be an area that I am doing okay with already, the reminders, tips, and encouragement are always great! The challenges keep me motivated to continue making good choices.

One of the best challenges so far and recipes!

I lost one dress size over the last month, just by monitoring my portions!

I appreciate the emails. They keep me on task when sitting at my desk all day, I am reminded that I should not be snacking on bad foods and to have fruit or fresh veggies as a snack available. The bowls are very handy for a visual aid and I will continue to use them.

I love all of your programs. They are very inspiring!

I really like the snack bowls. It helps me to be more conscious of how much I am eating. Plus, these work better for fruit than chips! :-)

I didn't realize how oblivious I was to portion sizes and food intake. Since I have been working a doctor's prescribed health program since May, I had already made many changes in my eating patterns--thought I was on track with serving sizes. Yikes! I really appreciate this program and feel it will definitely help me as I move toward wellness and control of my diabetes. Thank you for the recipes!

I am currently pregnant and when I signed up for "Less Is More" I thought, 'this is just what I need to get back on track to healthy living during this pregnancy.' So although I am not losing weight, I am maintaining a healthy pregnancy weight, and also instilling in my 7 year old healthy habits and proper portions. I am so glad that I signed up.

I am so grateful that the program is here for us. I have become a more responsible person about myself in general. I used to almost weigh 280 pounds. Now I am at 195 at 4'11". So Thank You So Much!

When my plates have more fruits and vegetables, they are more colorful and more appealing. I even started making cute garnishes to make the fruits and veggies look even more fun!

Thanks for this program! It helped me to think about eating more fruits and veggies, and especially to control the ice cream scoop. I have hit and maintained my Weight Watchers goal weight because of this program.

Great program - love the bowls!

Love the bowls, I use them all the time. Great program!

I enjoy having the small mini bowls. I use them for every meal.

I really like the bowls.

I love the bowls for using the correct portions.

Made me aware of portion sizes - actually fill full after eating so many veggies!!

Great program and love the little bowls. Thanks!

Starting to feel better and walk more.

I enjoy the extra motivation.

I like the tracking it really helped me stay focused.

Love the bowls!!

After the first few days I found the program easy to do.

I was so much more conscious about eating more fruits and vegetables. I feel so much better!

I feel better and have more energy.

I thoroughly enjoy the programs provided to me, thank you!

The reminder reinforces the subconscious to be aware of eating habits.

Great program that works!!!

The daily reminders and recipes were being super helpful.

You make it so easy to keep track of daily habits which, in turn, works as reminders and nudges in the right direction.

It is easier for me to 'fill half my plate' with fruits and veggies than it is to get 3 servings of veggies in- I am better at eating fruit!

Love, love the little bowls!!!

It is still a work in progress for me, but I am attempting to make small changes each day. Slow and steady.

More aware of what I was eating.

Good program to make you think about it!

Enjoyed the new recipes and the information given was excellent!

Love the bowls, perfect size for 1 oz of a snack! My husband has gotten in the habit of using them also.

Thank you for this program it's been great trying new recipes! The bowls are fantastic!

I loved the bowls. It helped portion out my snacks.

I have learned a lot during this program and I have been able to help others with all the excellent information and advice from the program. Thank you!

Great reminder when eat until you are satisfied, not full.

Lost few more pounds :)

Lost 8 pounds.

The bowls were helpful for portion size and there were several good recipes.

During this challenge my daughter was diagnosed with type 1 diabetes. The recipes were very helpful for a new diabetic especially with I asked if the carb count could be included in the nutrition information and the next week - it was there! Thank you! It was great to be able to share some meal/recipe ideas with her as she adjusts to her new life style. The nutritionist at the hospital repeated many of the same statements - like: Fill half your plate with fruits/veggies! 1/4 protein and 1/4 carbs. Limit snacks to 15 carbs. A great way to eat for ALL of us.

Thanks!!!

I just enjoyed being "accountable". It made it more of a challenge to me.

Loved the bowls...so helpful!

Love the email reminders!

There is nothing fancy about it...I just felt better!!

Thank you for such a great program! I feel better about my eating habits. I really needed a kick start to get going and this program helped a lot!!!!!

Thanks!

This program really made me aware of how much I was overeating on a regular basis.

This program is helpful. Great reminder for healthy lifestyle.

I am much more aware of filling half my plate with vegetables and fruits.

I appreciate these programs to help me stay motivated.

Making myself more aware of serving size helped a lot!

This did motivate me to limit my serving sizes.

Out of the 4 recipes I tried I liked 2.

Following this program has made me very aware of what I need to do to be healthy.

Great program! The recipes are very delicious and have helped with weight loss. The bowls were fabulous helps me with portion control.

I have lost seven pounds since starting with EHA wellness.

Great recipes! I enjoy the tips and stories.

As I am currently pregnant, I have not been losing weight, but this is a great reminder to keep eating veggies and fruits!

Love the little bowls and all the recipes.

Love the bowls and most recipes!

Very helpful!

I was very conscious during the month and felt good about doing this challenge.

I like being part of a bigger group and tracking what I do helps to keep me accountable.

I really like the recipes.

Maintaining weight! Have had an increase in energy while reducing amount of sugar consumed and reducing intake of processed food!

I was much more conscious of eating more vegetables and fruit.

The bowls make snacks so easy.

Happy I'm more conscious about my choices.

Thanks for the challenge!

This was just what I needed before the weather changes and the holidays arrive!

I love my bowls and use them for everything!!!

This was such a fun challenge! I used to always over fill my plates and not with I should have. However, now I really work on having smaller, healthier portions and the results have been tremendous this far!

I constantly used the serving bowls to measure what I ate. It was very helpful.

I love the recipes and bowls that were giving out. Using smaller bowls help with sticking with food goals.

I really enjoyed this making me think really about portion control because I know I struggle the most with it.

I needed to do it longer to make it a habit. It worked great during October, but I fell apart again in November. Halloween candy didn't help!

I love the prep bowls! Perfect for snacks and for portion control!

Love the small bowls. Great to keep portion size in mind.

It was a good program if you wanted to lose weight.

Lost weight and gained energy! I FEEL healthy!

My kids especially liked the colored bowls to prepare with. (I think they just liked the color, not so much the bowls, but it worked!)

This program made me more aware of what things I was eating at mealtimes. I made a conscious effort to include more fruit and vegetables in my diet.

Following the program made me very aware of what I need to do be healthy.

Love the program. Great accountability!

I had lots of fun.

Love the bowls and recipes are easy to follow.

Love the focus on being healthier and proactive!

Loved the bowls! I was shocked by how small the serving size really was!

Really liked the bowls.

Love the small bowls.

This was a great challenge as always and I love the bowls I use them every day. I keep them right above my microwave so I remember the correct amount of food to eat.

Just what I needed before the holidays and the weather sets in.

The little bowls are so cute, and just the right size! Thanks!

As a person who is not looking to lose any weight, this did allow me to make better choices about what I should be eating.

Recipes were awesome!

It definitely helps to use the bowls for portion control!

Really enjoyed the lessons learned in this program!

I am dealing with issues with my heart. It helps to use the portions, so find healthy snacking alternatives! Thank you!!!

Good program!

I loved this challenge!

I used an app - my fitness pal in conjunction and together I think I'm really seeing some progress toward my goal. I've always been active and fit but

my weight is on heavy end of normal for my height and I wanted to lose 10-15 lbs before this years Lincoln Marathon.

I thought about my intake a lot more when on program.

Easy visual and I'm sure I will use the bowls more. Good recipes and encouragement!

I'm someone that can't eat a lot of fruit, so I have to count tomatoes and cucumbers as fruit.

We switched our plates to use smaller ones and our minds told us we were getting a full plate. We didn't feel too hungry afterward either. Plus we felt better!

I really enjoy testing out the different recipes and making them my own.

I love the prep bowls, they've come in very handy.

I love the daily reminders and tips. Thank you.

Love the prep bowls for various uses, colorful and perfect portion sizes!

Loved the mini bowls! They really helped in limiting portions!

The Nordicware bowls were a great reminder of serving sizes, plus they were easy and fun to use.

Love that EHA challenges me to be my best!

Bowls made it easy (and kinda cute!) to serve up veggies for a snack!

I have more energy and not as lethargic like I have been from over eating. I have learned to control my portions and makes me feel better overall!

I take pretty good care of myself but it's nice to actually chart your progress and see it.

I love the reminders every morning and the recipes!

Bowls were a great concrete visual to portion sizes. Assisted in instruction to others in the home.

It made it easier since I used to have a problem with serving amounts. The one cup bowls helped with that. It's a work in progress.

Since participating in the different challenges, I have taken charge of my wellness and made positive changes. I feel better about myself. I love the emails daily, as they are a reminder to me to make a difference.

Still need to work much more harder at eating better.

I have pushed myself to eat more fruits. I've never been a big fan of them, but love vegetables! Lost 3 pounds last month.

I love the mini bowls. It really helps with the evening snacking limitation.

Having the daily email is helpful at making you more aware and mindful of how much you are consuming on a daily basis.

Great for keeping in check!

Loved this challenge!!

Keeps me on track!

It really had me focusing on fill my plates with healthy choices and choosing snacks that will help me throughout the day --- especially during the start of the holidays!

Thank you for your help. These programs make a difference.

I like this preparing food and serving small portions it help me a lot.

It's a great message to most of our employees who need to be more healthy. I'm not sure if most will change their lifestyles though. Salt, sugar, fat, in processed foods tend to make the consumer addicted to the unhealthy processed foods.

I enjoyed the recipes that were provided this month.

Tried different types of fruit and vegies. Some good, some not so much

It's always hard for some reason to stick to it during the weekends!!

The bowls actually held more than I thought they would.

Always makes me more aware of how much and how well I am eating. The challenges are always helpful to me!

I use the bowls every day.

I really like this program. I try hard to stick with it after the challenge is over. Thanks!

Loved the 1 cup bowls.

My new eating behavior has really changed the amount of energy that I have at the end of the day!! This whole challenge has been extremely eye-opening...it truly shows what you eat on a daily basis!! Thank you so much!

The bowls were a great way to monitor food intake. I love how this program make me think about lifestyle changes and gives me the resources to be successful!

I enjoyed having the prep bowls so I knew how much I should eat!

Thank you so much for your excellent program! The small bowls really helped in seeing the right size portions! I have lost 5 pounds so far and eager to keep it up!

Having some way to track my fruit and veggie intake makes me more accountable for sure!!

I like the challenge to do what I know to do and get new information on the how and why, along with companions and incentives.

I love the containers/bowls. It gives me a clearer sense of amounts.

Good thoughts to keep in mind. Thanks!

I like the little serving bowls for easy measuring. I have used a similar thing with Beach Body portion containers for a while now and like the idea of not having to measure everything to eat healthy....just fill up a little bowl.:)

I love those little bowls...what a help in controlling portion size!!

Thanks for the very nice program! Looking forward to participate in many more ones.

I love this program. Pretty soon I will have a figure like an "hour glass!"

This was a good daily reminder.

I always look forward to the information.

The Mini-Prep & Serve Bowls made me more aware of a better snack size.

Makes me more aware of the portion sizes I'm eating. Use the little bowls for cereals, popcorn, etc... :)

This program made me aware of what I was eating and to make sure I was eating smaller portions of the "bad" stuff and eat more of the "good" stuff like veggies.

More energy, better sleep patterns.

I think I'm doing really well for just having my Achilles Tendon repaired the middle of September.

Great suggestions for personal change.

The bowls helped me keep better track of my amounts.

Thank you!

I love the Nordic Ware Mini bowls. They have really helped me to visualize portion size. Their bright colors make meal prep more fun!

Really enjoyed--and developed a habit of--using the mini prep bowls during meal preparation. For my husband and myself (just two of us), the portion control effect was excellent--less food waste, more mindful eating, a better proportion of vegetables and roughage.

Doing these challenges makes me more aware of what I should be putting into my body.

I think the information provided in this program is very useful

Great program!

I have lost weight following the EHA Wellness programs... I have lost a total of 28 pounds so far. So excited!

I especially like the colorful little bowls, they have been helpful to me when preparing lunches to take to school.

I appreciate the constant positive reminders of things to do.

I love that I am being held accountable, this really does challenge me and make me more aware of my choices.

The bowls help give a visual of serving portions. It was helpful to know what exactly a serving size is for fruits and vegetables.

Do not need to lose weight, but the program has helped me make healthier food choices - especially when I need to "grab and go".

Most all the recipes were very good. I really appreciate the suggestions to help change the old patterns of eating.

Loved the mini prep bowls. Very useful and helpful!

I'm feeling healthy thanks!

Good reinforcement!

Loved this challenge. Sometimes I get so busy with all of my family activities, that I almost forget packing fresh veggies. This helped me to regain that focus for my entire family.

Containers made sticking to program easier!

I don't have a scale so I didn't put in a weight.

This was a great one. Thank you!

I loved the small bowls. It was a constant reminder of portion control. Thanks!

This program continues to make you think about what you are eating.

I really liked the little bowls. They were fun and easy to use for portion control.

Used this in a positive way to reduce the portion sizes. I've lost 13 pounds on this one. Thanks for the help.

I really enjoyed this challenge. It is something that is easy to lose focus on, but it very important.

Loved it!

THANK YOU SO MUCH FOR THE CHALLENGE AND THE PREP BOWLS!

I like the positive quotes. I'm grateful we have access to past recipe books & that my spouse can view them too because there are a lot more recipes we'd like to try!

Thank you!

The bowls were a good help to not over eat and keep it that way! :)

Made me more aware of my eating habits!

I follow Weight Watchers so I already work at getting in my fruits and veggies, but I love coming to the EHA site to check off another good day! It is added incentive to stick with a healthy lifestyle.

I'm pregnant so I did not lose any weight, but I felt so much better eating this way!

I found that I ate more vegetables and fruit during this challenge. I will try to continue eating more veggies and fruit.

I like the daily reminders that we get also the recipes most for me are to try something new.

I just like the daily reminder. Helps to stay on track.

Thank you for offering this program. I will do better on the next one!

Very helpful, went on a much needed "health kick" and lost weight. My goal is to continue through the winter months as they have been problem months for me in the past.

The bowls were a GREAT visual for me. Now I pay more attention to portion size!

I felt better and my gut did too.

I love this program! Thanks for keeping me in shape, and making me think about what I'm eating!

I loved the program. I had to think and think again to make sure I had the proper servings.

Thank You!

Loved the small bowls that we received. My children used these also when getting snacks.

This is great benefit to get this guidance on my health.

I love how this challenge was so simple and easy to add to my every day schedule! These bowls are so simple to use!

This was a very good challenge. For some reason I just have been terrible at eating my fruits and vegetable this month. I will continue to try though and because of this it made me realize how bad I am at doing this.

Thought of fruits and vegetables more often.

I have more energy.

Love the small bowls sent with this challenge. Helped me to learn portion size and control.

I love the small portion bowls

So thankful for this program to help me stay focus on all aspects of my health & lifestyle!!

Loved the little bowls! Especially for snacking, they helped me measure how much I was eating. In a pinch, I also used them to measure my dog's dry food :)

Although I was aware of these criteria, it is so helpful when participating in a plan. I tended to stay on track much more.

I love the snacking sizes, it really helps with little snacks throughout the day.

Thank you!

Love the small bowls really helps having something to use for filling up snack. Very much of a mind changer and I love it.

The bowls were helpful in showing a portion size.

Thank you!!!!!!!!

Helped me adhere to healthy eating and getting all my fruits and vegetables in each day.

This program is such a great way to keep healthy habits at the forefront. The daily emails and reporting are such a great way to self-check.

I liked the recipes this time. A lot of the ingredients I already have at home. Good Job!!!

Thank you.

The bowls were very helpful in portions and fun colors, thank you!

Great!

Thanks for these short articles to read hints to make some changes and be healthier!

having the bowls really helped to keep to portions

Love the bowls. Used them many times.

The Mini Prep containers were such a wonderful idea. I continue to use them in hopes of losing some more weight.

I also joined Weight Watchers a month ago:)

Love all this stuff to focus on our health.

I learned a lot about healthy eating.

Loved it!!

I liked how it made me think about the amount of food I was eating with each meal.

Started planning meals better including breakfast which resulted in less snacking during the day.

Enjoyed this reminder. Although fruits and vegetables are well known as healthy foods, it is good to have the commitment and accountability for eating them provided with this program.

Awesome program!

Helps keep me accountable and on the right path!!!

I love these programs that keep us aware that we need to stay healthy.

Really liked this program. Becoming aware of my eating habits is something I need to continue to work on.

All the things you do helps in keeping in mind that one needs to be aware of what you are doing. Not just eating to be eating, but to think about what you are eating and why.

Love the snack bowls. The program and emails helped motivate me. Good recipes, too.

Love the bowls they do help control over eating. :)

Purchased more bowls for meals, including smaller ones for taking more in lunchbox.

Really liked the recipes!

I've always tried to eat healthy, but while doing this challenge I improved even more.

The bowls were very helpful - thank you.

It was great getting the e-mails as reminders to keep focus.

I loved the recipes and great way to track your own progress.

My daughters started using the prep bowls also for their after school/afternoon snacks. It was a good way for them to learn about portion control, too.

I have enjoyed working to be healthy.

It's good to have the daily reminders.

Great Program!

This really kept me on track for the month!

This challenge helped me be more aware of how much I was eating throughout my day. Really put things into perspective for me.

I love the mini bowls, I use them all the time. Keeps my portions better under control. Thank you!!

I'm making it more of a priority to eat fruits and vegetables with my meals, and I'm making healthier food choices overall!

The goals are attainable!

Great program!

Made me more aware of how many servings I and my family were having with meals.

The recipes are great! The daily emails are very useful.

I continue to learn new ways to make me healthier.

The size of the bowls is perfect. You really do get enough to eat.

I loved having the small bowls for portion control!

Although I may not track my progress, getting the e-mails is very helpful information!

I have learned to eat more vegetables.

I enjoyed all the good suggestions. I really like the Nordic Ware bowls and use them for snacks. It helps keep the portions small.

Another great program. Thanks so much!

I pretty much did this already, so there weren't a lot of changes for me with this particular program. For example, I eat a salad with fruit EVERY day while at school...without fail or exception. Great program I'll continue using it, and have encouraged my husband to do it also.

Was very easy to follow.

The bowls were a great and fun way to limit size portions.

Great program!

This particular challenge has kept my family accountable to eating more fruits and veggies!

It was a good try for me!

The bowls were great -- such a good reminder of what a serving really is.

The bowls are nice!

The idea of portion control can easily get "out of control", and yet it is one of the most important considerations when the goal is improving overall health and well-being.

Great program!

Sounded so simple to adhere to rules, but it took true motivation to follow them.

Really like the small bowls. Makes you more mindful of portion size.

Love the positive comments and encouragement. The serving bowls are a great asset in my meal prep.

Love the small bowls!

The prep really did help cutting down serving size. Helps reminding me to eat less. Especially snacks.

I like how you had the recipes readily available for viewing rather than having to go to a new 'page'.

I have increased my fruits and vegetable since the start of the program.

I made a spinach and berry smoothie that contained chia seeds every morning. It gave me enough of a "boost" that I didn't need to drink coffee!

I did not receive my serving bowls yet.

I appreciate the awareness this created making me choose things I need to get more of in my daily diet.

This made me much more aware of what I was eating. I was writing everything down and watching what I was putting into my body.

I really enjoyed all the recipes included in each email!!! We tried a lot of them at home!!! So in turn my children were eating better as well!!!!

I loved this program and the bowls. The bowls really helped my hubby and me limit our portions.

It was great!

This was very eye opening for me!

This really helps me to be mindful and stay on track with my eating. I like the fact that I can track my progress online and I love the bowls! Thanks!

Absolutely loved the bowls it was a great visual reminder when preparing food and snacks of serving sizes.

I'm in love with the mini prep & serve bowls! Thank you for providing them. They are so handy!

Appreciated the inspiration and motivation to cut portion sizes.

I am not as tired as I used to be.

I'm glad you sent the regular reminders to chart my progress - also helped me remember to participate throughout the month.

Great reminders to keep on track - seemed to have more energy!

I thought the e-mails were encouraging. Recipes looked very good.

The Nordic Ware Mini Prep and Serve Bowls are fantastic and are great for any time of food or dip during game days.

Love the bowls!!

I had my 4th child in August and this really helped me to maintain the weight I had lost and to not gain any extra back. The prep and serve bowls are very cute. My kids like when I put their prepped fruits in them, for a snack.

This was a great program, it kept me on track to make changes in my life, I will do the next challenge.

I am walking 10,000 steps a day and conforming to 130g carbs a day.

The bowls were great and my whole family uses them.

I did better, I just didn't make the goal of 20 days.

Small bowls were good visuals.

Having any positive outcome is great. I know it would have been better if I didn't have very low iron which causes me to be very tired. Although fresh spinach as a veggie was incorporated in my diet!

I didn't realize how large I was making my portions until this challenge.

My husband and I have stopped drinking pop and drinking more water. We are also eating healthier and reading labels for excessive sugar content.

Loved this challenge because it really made me sit and look at what I was putting into my body and how much.

The email reminders to track progress were very helpful.

I Lost 4 lbs. and I think it was due to portion control and being more active.

I continue to increase my water and exercise daily. Always trying to encourage my sisters to get on a better eating regimen.

Bowls very helpful as was the challenge to remind myself to eat more veggies and fruits.

Has been a real help!

Feel healthier!

Thanks for doing this. Helps keep me accountable.

Thanks for offering this.

I love this program. Thank you.

Made me think about my lunch options more thoroughly and healthier options to take.

Bowl sizes were very helpful in portion control.

The Nordic Ware Mini Prep bowls were perfect for this challenge. My kids even liked using them.

I have always liked vegetables, but this challenge made me very aware of eating even more than usual. I love the mini cups! Since I have started eating more vegetables, I have I lost 6 pound in the last 6 weeks. I'm so excited about this for health reasons. Thank you for keeping me challenged!

Keep up the great programs!

I didn't realize how easy it is to maintain your weight if you just follow the less is more plan!

Using the small bowls method is very helpful.

I did cut down on how much I can eat now. I would think I'm starving and take too much food then could not eat it all.

Loved the portion control bowls. It was very nice and made me aware about what size of food I wanted to take

I have become more aware of the serving size and limiting snacks.

I began to serve in the smaller bowls. Now my husband reaches for them too.

I ate more fruits and vegetables using my small containers because they are cute and colorful!

Loved the bowl sets and portion size!

Thought the recipes were really great this time.

It was great! Thank you!

The recipes and quotes are my overall favorite. The extra details each day are also very informative. Thank you for all you do to bring the health message to others.

I am very active with my wellness, so I don't see large points of improvement. However, I do like the positive influence these programs have for me to stay active.

Portion measurement was the most important part of the program.

Really showed me that portion distortion was a bigger problem than I realized! Loved the bowls.

This is the first time I have participated. I like several of the ideas just don't have myself trained to participate like I should. Hoping with time I can get to that goal.

The little bowls are the best, colorful and a good reminder of how much to eat. Thank you for them.

This is great. Keeps me on track and accountable. Thank you for the bowls and for the program.

Made me more aware of portion sizes.

I love having a visual for portion size and the bowls were awesome for this!

I love the small bowls because it really made me realize how much a cup was when I was preparing meals.

The bowls were great and helped out a lot.

Certainly made me realize that I was neglecting to eat fruits on a regular basis. I became conscious of serving size - and needing seconds and questioning if I was really hungry, or just taking a second helping out of habit.

Love the wellness program!

LOVED the snack bowls!!! They are so awesome! Thank you so much!

I appreciated the recipes and the update reminders. It was always a good reminder to stay on track.

I really liked this Less is More wellness challenge. I have always enjoyed fruits and vegetables, and it is rewarding to see it emphasized in this program. I especially liked the small bowls for preparing food. Serving small portions is very important, as the culture and most restaurants emphasize large amounts. Thank you for this program. It was GREAT!

I love this program. It is a good daily reminder to stay focused on my overall health goals.

Became easier as I moved forward... eating less and having less hunger cravings. Energy level improved as well as being more positive.

Seeing what our serving size SHOULD be was huge in helping me to scale back. Eventually I wasn't as hungry, my appetite decreased!

I feel better, and believe I have better eating habits, tried a few of recipes and liked them. Thanks for the great program.

This was an excellent program. It helped me to be more mindful of my food consumption. When presented with good choices, it's easy to fill half you plate with veggies and fruit.

Can't wait to start the next challenge.

The small bowls really helped my kids see the amount of snack they should get. This was a great visual way to remind us of snack size.

Makes you accountable! Great!

It was a good reminder to incorporate more veggies and fruit into daily meals.

The bowls help so much with portion control!

Loved the little bowls. Great help!

The bowls truly did help! Thank you.

It seems to be easier to put vegetables on my plate and eat all of them. Making less room for any meat.

I was very happy with this program as it taught me portion control and helped me not only eat better but I lost weight!

Another fantastic challenge!

I think that eating reasonably and smaller portions is a good way to go.

I appreciate the emails reminding us to update our progress. I've been more mindful about my eating habits.

This program was very helpful and really made me stop and think about what I am doing for my health.

By using the small bowls, I was better able to think about the right size for servings. This also helped me to think harder about what I chose to snack on.

I loved the recipes.

Love the little bowls.

I'm trying to improve my eating habits and every little bit helps. Thanks!

Walk more this time of year than in the summer.

Definitely makes me more aware of what "real" portion sizes are!

Keep smaller meals all the time.

Always keep up with the smaller portions.

Helped me to lose the extra weight I wanted before my daughter's wedding!

Keeps a person on track to read the postings. It makes it more of a challenge.

I've subscribed to a couple of other fitness devices as well to go along with the food program. Overall I feel healthier even though I had a few cheats, it wasn't that difficult to get right back on the program without the guilt follow up.

This was one of my favorite challenges! I loved using my bowls! This helped me keep perspective and eat healthier! Thanks EHA!

Thank you.

Lost eight pounds. Need I say more?

Good program!

I enjoyed the challenge.

The bowls are a perfect size for a small scoop of ice cream, and for making football game snacks.

I look forward to these emails!

I enjoy the challenges because they are easy to track and very rewarding.

Great opportunity!:)

I'm sorry I didn't fully participate in this program as fully as I normally do due to time constraints with work, family, volunteering and training for a half marathon. Portion control is something I struggle with and this would have been great for me. I did lose 2.8 pounds though.

Great!

Doing this made me really think about what I was eating. I tried to eat more fruits and vegetables.

I just enjoy this!!!

A great program!

Great!

My family had already begun to focus on eating similarly to the program guidelines.

Encouraged me to get those fruits and veggies on my lunch and dinner plate!

I have talked two of my friends into joining the program!! We love it!!!

Love the small bowls. Definitely helped in the snack department for both my husband and I.

Just helps being reminded to do your plants!

This challenge made me be more diligent in determining portion sizes instead of estimating. I think the bowls were a nice bonus and very helpful!

I was surprised I lost more then I thought I would. 6lb isn't much but I can work with that.

The mini Prep bowls are wonderful. Really helps to keep portions down.

Feeling great!

Good!

Love the one cup bowls.

Good!

I have been more cautious on what foods I eat. I like the recipes that were sent by e-mail, also.

Some great new recipes. Love the mini bowls - great for snacks!

I'm watching what I'm eating more!!!

Since I've started with the Wellness Challenges I can really tell the difference I feel better I have more energy and I've lost 4 lbs.

These challenges make you stop and think about what you are putting on your plate and eating. It helps you make better decisions. I used to just grab whatever was handy. Now I make conscious choices.

Loved the Nordic Ware Prep & Serve Bowls!!!

Always keeps me motivated. Great program!!

Great Program!

Feel better, more energy!

Program is making me more aware of my eating habits.

The bowls are a great limiting factor! Very useful! I really thought the goals for this challenge were challenging but achievable. This challenge continues to help me in my meal planning even after the challenge.

I am starting to have more energy and stamina.

Love the little bowls!

This program gave me a jump start. I am now back to Weight Watchers!

I love the bowls. I don't actually use them to measure the food. But have them on my counter and as I have eaten the required amount of fruits, veggies, grains or protein I put that cup away so I can visually see what I have left remaining to consume within the day. It is a visual reminder. I love it!

Eye opening! Love this program!

During the first week it was very easy to adhere to the program. In the second week although I did continue to follow the guidelines of the program, I found myself wanting to snack more at night. I attributed that to the stress of political campaigns! :(

I love the small bowls. They are cute and encourage me to use them for smaller portions, when before I would use a rather large bowl for snacks. Thanks!

I love the portion containers, and the tracking helped me to take accountability.

Loved the bowls! It really helped to put portions into perspective.

This has help me a great deal. My weight is coming off. Starting to feel better. Thank you so much.

It helped me to be more aware of how much I was eating.

These programs always bring awareness! Love the challenges!

Thanks so much for the encouragement to do better with my personal health! I have found this program helpful in giving me the boost I needed to make not only myself more healthy, but my entire family too!

Makes you think when you fill your tray if I am eating enough fruits and vegetables.

This really made me think more about making better choices and having those bowls I would see them and use them instead of a bigger bowl, especially for ice cream.

I follow a weight loss/maintenance program and it pairs very well with our EHA wellness program "Less is more" It helps keep me on the right track.

Great program. Made me become more aware of what I eat.

Love the colorful, cute bowls. Perfect!! The quotes provided are effective mantras for thought control. Thank you!!

Not sure of weight loss but have gone down one clothes size. All my clothes are fitting loose.

I feel that this challenge is the one I probably need the most. I LOVE food and haven't been a dieter, but enjoying food and just taking less seems like the thing that would make achieving weight loss a more easily attainable goal.

I really like this program this is my first year new to this!

I love the small bowls.

I'm new to this program and I love it! It's a great way to be successful in trying to lose weight! Great program.

Love this program. It creates a constant reminder of our daily health patterns.

Love the bowls!! Excellent as usual!

I use the small bowls a lot. Doing better at eating veggies and fruit.

Checking in helps me keep track of my health.

The mini bowls were a hit with everyone at our school! Whatever it takes to get them to participate! :)

Feeling good!

I LOVED MY SERVING BOWLS!

I'm trying!

Using small plates and bowls makes it look like you have more.

Drinking lots more and involved in more activities

I did see an increase in energy, which is huge for me having two small children at home. It also helped me provide healthier snack options for my family.

5 more lbs before 2017

Loved the recipes! Nordic Ware Mini Prep bowls are fabulous!

Thank you so much! Really helped me be aware of my proportions.

The small bowls really work well for controlling my snacks. When the bowl was empty, I was done.

I was able to stay on track eating healthy most days. The fact that I had to update my progress worked well as a reminder and helped motivate me.

The bowls were a great help to determine portion sizes.

It's an easy concept, half a plate, and it helps me be more conscientious in my food choices. If I can't follow the rule, then I try to catch it the next day, or meal. I also loved the recipes!

This was very easy to follow.

Great!

Love, Love, Love the Portion Bowls!!!!!!!!!

Focusing on strength core exercise.

The bowls are awesome! Thank you:)

It was a nice program.

Two thumbs up!

Love the 1 cup serving bowls.

These wellness challenges help keep me on my toes. Thank you.

Ever since I started the EHA wellness challenges I have been more aware of my heath and overall wellness I have lost over 20lbs. Thank you for your help!

Good ideas to help people.

GOOD IDEAS AND THOUGHTS TO CONSIDER. EXCELLENT RECIPES!

Another wonderful program and a fun way to measure/prepare meals with great incentive gifts. Thanks!

Yes, I did great with weight loss in the last six weeks, and I was very aware of portion control, which makes a huge difference. I have lost about 15 pounds..... I can't say some of it didn't come off a bit before this month. (Still not getting enough sleep!)

This program made me stop and think about portions and whole grains. And I lost 4 lbs.!

Sometimes it is hard to eat healthy when you have to manage so many things during a busy day but my overall success was pretty good!

I really like the encouragement this program has given me...and I will continue to do my best!!!! Thank you!

The program was a daily reminder to limit poor food choices and focus on good habits. I eat fruits and vegetables normally, but with this program, I was held accountable.

I feel better!

Feeling better about having smaller portion sizes.

I find the small bowls are very useful when getting a snack it really helps to limit my snack intake. It has been easier for me to fill half my plate with vegetables and a little harder to keep fruit. I like the recipes and keeping track of your food. I am able to see that I eat more on days that I am stressed.

I love the help with my life and eating I want to live longer and healthy. Thank you!

Great to have reminders to be more conscious of health choices every day.

I enjoy each challenge. Each one is meaningful.

Maintained my weight.

Love being held accountable for my health it keeps me more on track

Loved the recipes! This was one of my favorites.

I love how this challenge was so simple and easy to add to my every day schedule! These bowls are so simple to use!

Daily salad for lunch has been a great way to get those servings of veggies in!

I believe the use of the Nordic Ware prep and serve bowls, was part of my success! Making preparing and measuring smaller portions easy to follow!

I had many challenges to get veggies in my meals this month as I was on the go most of the time and not many home cooked meals

The plastic bowls are a very good measure and add a bit of color to my meals. Liked the brief information provided and read them all. Less provided more!

Love the program makes me think about what I am eating and trying to exercise every day.

I can say I do feel better about myself more so on a daily basis since I have been paying better attention to what I eat. :)

Since I work in the kitchen at school, there is no problem getting fresh fruit and vegetables.

The bowls are very useful! I love how it helped me be mindful in my eating.

Love the little bowls; they really give me a clear visual of amounts which is incredibly helpful.

Love the incentives for weight and wellness. It helps me stay on track with eating and exercise!!

Made me more conscientious about eating fruit & veggies. :)

The suggestion to fill half of my lunch or dinner plate with fruits and vegetables was helpful and a simple way to achieve the goal to eat more fruits and vegetables. It's easier to evaluate than gauging serving portions, and works well when I'm not as hungry and don't feel like eating much.

It's nice to be reminded of the simple things you do every day and sometimes you forget and have to be reminded.

I like these opportunities to participate and track my progress. They keep me focused on what matters for better health.

I feel great!!

The program is very manageable and easy to implement, full of ideas and great recipes

It keeps me thinking about what I'm eating and how much I need.

Good program: I did not always adhere to the guidelines but I thought about it more.

Didn't work out for me on the weekends especially. Too much time away from home and eating out.

I love the bowls, they work well and keep my portions smaller.

Getting the emails everyday makes me more conscious about making the best choices!

I love this program and the bowls were perfect for my microwave and knowing the right amount to put in them.

Thank you!

I loved the recipes!

I have started working out more often and eating better. This has helped me stay on track with eating and also has given me a few recipes!

I got used to eat less and add vegetables and fruits to my meals.

The information was helpful and it helped me become more aware of my eating habits.

Loved the small bowls. Easy to adjust portion sizes.

A good reminder and reinforcement to continue making good eating choices.

I thought that this was a great program. I am currently pregnant, so I did not lose any weight but plan on continuing these behaviors to lose the baby weight.

I've become more aware of what I'm doing.

Love the simplicity of the bowls. I could have been doing this the entire time but having them sitting on my counter is a great reminder to limit my portions.

I been trying really hard to eat healthier!

I try to eat more fruits and vegetables, but the daily reminders help keep you going. I am more aware when I shop to include these items, and when eating at a buffet, put more of these items on my plate.

Keep up the good work!

Great program!

Loved the colorful serving size bowls! Really put into perspective portion size!!

Thanks for the program!

Excellent Program - LOVED the bowls - good idea!!

Thanks!

LOVE the small bowls!! I use them all the time. Thanks so much!

Great!

This was great challenge that I enjoyed participating in!

I was nice to have a reminder for portion size for snacking.

I'm pleased with my outcome. I enjoy this health program. Thank you.

Love the small bowls!

I lost 4 pounds. Not much, but it's better than losing nothing. I will push on.

Love my vegetables so that made the challenge easy. Enjoyed the challenge. :)

Great progress! I am much more mindful of what I eat.

I tracked food (including fruits/veggies) every day for the month of October (also have been in November)

Great recipes!

Accountability always helps me stay on track!!!

Thank you!

I have found that I am choosing smaller portions. Eating slower and enjoying the taste of the food.

Loved the challenge and I love my mini bowls!

I really liked the daily reminders.

Good reminder about portions!

Accountability always keeps me on track!

I love the recipes! Thanks for keeping me accountable!

Thank you.

Mini bowls were great for me. I use them for everything now. Thank you!

I have struggled with portion sizing during evening meals. I use the Nordic Ware Mini prep bowls to portion my evening meals and it has made a substantial effect in my physical check-up.

Thank you for keeping us on task.

Excellent program!

Lost weight. Feeling good!

I love the small bowls. Of course, the servings are less now. I really appreciate the encouragement from the challenges.

Love the mini prep bowls puts it in perspective actually how much of the fruits and veggies you need to have a day.

It was great to have help with portions at meal time.

You certainly feel better when you eat better. The hustle and bustle of everyday commitments posed the greatest challenge with the convenience of fast food being a struggle for a family on the run.

Really enjoyed making these recipes! Family found them very tasty

Bowls are great for small servings!

The Small Bowls work out very well for this program.

I love two pounds this month!

Small bowls are great! These get used for a variety of purposes.

Thank you.

Thanks for the great recipes!

Love the Nordic Ware mini bowls! Made measuring convenient and easy. I didn't have to pull out a measuring bowl or cup to measure - then transfer to another plate. I know it's not really that big of a deal for most things but I'm a mother of four and anytime I can save a minute or two is great! And less mess to clean up was great too. :)

I have really been thinking more about eating fruits and vegetables. Each morning and evening I eat a handful or two of spinach. I feel really good about that.

I really like the bowls and we are using them.

Watch what I eat and how much.

Love the portion bowls!

I've learned less is sometime more and always better for one's health. This really helped me out due to a stroke I have almost 1yr ago. Thanks a bunch!

Put more thought into adding fruits and veggies to meals.

The Nordic Ware Mini bowls worked wonderful to lessen my meals. I am still using them. Thank you!

I'm pregnant so I did not use any weight 🖨 but I felt great eating this way!

Great way to keep track of how I am eating!

Thank you for having this program.

This really helped me know serving sizes. Thank you and I did eat more fruit. I didn't lose a lot of weight but it made me feel healthier.

I enjoyed this challenge. Having to update my progress each day also helped keep me accountable.

Four years ago, I was diagnosed with breast cancer. After my yearlong treatment, I switched to a plant-based diet and I've never felt better. Veggies are the bomb!

Great challenge!

Didn't even realize I was losing weight or eating less. Ended up losing 5 pounds.

Good idea!

I lost 10 pounds by using a smaller plate and thus having smaller portions of food. I increased my water intake and increased, a small amount, of exercise. 10 down, next goal is 10 more!

With the small bowls I was reminded of correct portion sizes.

Made me more aware of what I was eating.

I didn't use the program so much to lose weight but to learn portion control and new healthy recipes. It was an excellent program for me!!

Loved it!

Thank you for the health challenges & reminders.

I'm very happy the recipes included nutritional information during this program. I find that extremely helpful and beneficial!

I lost 4 pounds without realizing it! YAY!

Perfect timing for this program, as I was trying to lose weight for my son's wedding. Thanks!

This was a good challenge for me. Love the small bowls. Thank you Limiting my snacks is great for on the go!!

I do use a small plate to eat from and less serving by looking at the bowl size.

Great program, it really opens your eyes to healthy serving sizes.

I love this program.

I thought the program was good. I simply developed a condition in the middle of the program that required me to be on a liquid diet for two weeks. It was kind of hard to get fruits and vegetables out of chicken broth. LOL

Love the bowls!

While making my lunch each day I was focused on the balance of fruits/veggies to the others items I was packing.

More aware of my fruit and vegetable intake. Trying to get more.

I love the useful products that we receive by participating. The recipes are great!

By tracking day by day I have started eating more fruit and vegetables and eating less chips.

I really like the bowls! Helps to have a pre-portioned dish for snacks and servings.

Feel better, eat less, and fuel my body better! Thank you

GREAT PROGRAM!

Thank you for this!!!

I like the positive support!

Always good to remind one how to eat. Recipes much appreciated.

I felt better and believed that I was getting somewhere with my health goals. It provided focus.

It's always nice to have a goal and reminders to follow the things you may already do but sometimes "fall off the wagon":)

Good reminders you send us.

Really liked the cup bowls. Good for measuring.

The small bowls are great for limiting snacks that I eat. I am satisfied with the amounts of snacks in the bowl.

In addition to eating healthier, I have begun doing the PIYO series. Currently in week 4! Lost 5 lbs roughly so far.

By reducing my portions and making healthier choices on my plate, I lost 5 pounds.

I loved the portion control bowls.

Good Information!

The little bowls are amazing!

Those reminders are great!

I really enjoyed this challenge! It was totally doable, and I appreciated the daily emails with recipes. Overall, I'd look forward to doing another challenge like this.

Much easier to plan meals and be consistent.

This program has been an all-around success for me. I really do utilize the utensils that you send to us...and they help with my everyday preparing's of my daily meals. Thanks so much.

I have lost 4 pounds!

I love that you do this. I feel like I am held accountable, but I don't have to share it with everyone.

Loved the bowls - really helped me in controlling portion size!

Has been helpful as I am participating in WW at this time.

I absolutely loved this activity. What a great reminder for eating healthy!

Helps to be activity working on being healthy.

Thanks for the support this program gives us. Helps to maintain healthy living!!!

Having these programs is making a great impact on my lifestyle and choices! Thank you!

Great recipes n very helpful tips. The min prep bowls was very helpful excellent idea for the program!! Keep up the great ideas and helpful tips!!

I look forward to all of the new things.

I loved the bowls. They really helped me realize and reevaluate portion control.

Loved this program, made me more aware of amounts.

Makes you look at serving sizes or portion control in a different light then before starting it does make a difference.

The smaller portion idea is great! Remembering to serve yourself more fruits and vegetables makes you actually feel better after a meal than when you eat too much heavier food! Love the mini serve bowls!

Found that cooking fruits and vegetables seemed more appealing so made a difference for me. Tried salads when eating out with less dressing and caloric toppings - all very good. Tried Minutemaid for Kids Orange Juice with more calcium - not so acidic! All good!

I really like this challenge. It made me really look at the amount of food that I was actually eating.

I already use my food scale daily to measure portion sizes.

I loved the bowls, use them all the time!

This helped me to be more mindful of my thinking.

I love the bowls. Probably my favorite prize yet. Makes it super simple. No measuring. No counting, no guessing!

It would be nice if there were links to alternative menus for people with food allergies.

I have been more conscientious about eating more raw fruits and vegetables rather than unhealthy sides at mealtime.

Lost 4 lbs in October!

Attitude is a big part of success.

This program has inspired me to eat a lot healthier.

It was a good program but my schedule knocked me off course about halfway through.

My Husband and I have taken sugars completely out of our diet, other than natural sugars in fruit and have gotten rid of junk food and eating white flour. My husband has lost over 30 lbs and I have lost 4. I however, have always eaten healthy, but he now is too and it shows. I have really no weight I have to lose, but the few pounds I have has taken off inches, so I am pleased.

During the program I was provided with many health and eating tips along with many healthy delicious recipes. I learned how to manage my diet and have better control of what I consume. I feel better and I have lost unnecessary weight. Thank you for teaching and helping us live happier and healthier lives. God Bless!

I like the reminders to fill half my plate with fruit and veg. cut back portions of main dishes.

This is helping with my portions.

Really helped!

Excellent recipes. Overall improvement during the program... became easier as I progressed

Great job!

The bowls are helpful. Although I do not always use them in food prep, I have them available to use as a guide in portion size!

Liked the small bowls as they help me follow program - I LOST WEIGHT - YAY!

I felt the recipes were much better than in previous programs.

The bowls helped to portion some of the fruits and veggies for meals. It was quick and easy--no scale required!

This is a great technique to keep track of accountability and reminder each day as support.

I am actively seeking and finding new ways to incorporate more fruits and vegetables into meals.

My shape is coming back. Yes!!!!!

Love the little bowls. :) I have been using containers from Beach body for a while now and really like not having to measure things.

As I have lost almost 21pounds the last 65 days, I feel amazing. Having prep bowls makes me eating healthy life easier.

By using the bowls they helped me to maintain a portion control without even thinking about it.

I'm very conscientious of what I eat, and the amount of my exercise daily.

I love the bowls.

I had a great month and lost weight!

Thanks! I get me thinking!

The bowls were great, it seemed like I at more. My grandchildren loved the bowls too.

My personal behavior improved because of the "Less is More" challenge. I stop and think before I put things on my plate where before I never did. Love that I make a conscious thought about it.

Thank you!

I love the recipes

The bowls were great! It made it easy to maintain your portion sizes.

The emails were good reminders and helped keep me on track.

I was eating all the right foods but portions were huge when I measured against the bowls! I can even eye portions without measuring now!

Love this program. Its helping me so much and keeping me on track!

The programs always help my awareness and good life hacks for better living!

Thanks for putting this together. I like it because it is a daily reminder of my long term goal.

This one seemed easy at first...and then life happened. Good reminders to be attentive to what you are eating while you are doing other things.

It was difficult for me been measuring, I'd never done it before But I felt great, like nothing was missing in my food!

I thought it was good. It's awesome keeping your health in the forefront which I haven't done for years. Reading labels has become a true habit for me now. From my top weight, I've lost 38 pounds and would like to lose about 10 more.

Love the recipes!

I really liked this challenge. Even if I wasn't in a place where I could use my bowls, I was able to 'eye' the amount of food I should be taking and not get seconds! I have been eating healthy and well-balanced for several years now, but a self-check on the portion sizes with this program has been great for me! Thank you!

The bowls are amazing! Thank you!

Using smaller bowls and plates has been my habit for many years now. This program simply confirmed my already careful habits.

Really liked the serving bowls!

The reminders help to stay consistent.

The portion bowls help me manage my diabetes made it easy to track carbs.

This made me more conscious of what and how much I was eating.

Very great ideas. Nothing earth shattering for me, but just a lot of common sense and why did I not think of that. Got my teenagers into doing the same things and my 8 oz bowls that you sent me keep disappearing, because they use them as snack bowls, but gives them good portion sizes.

GRFAT!

Losing 5 pounds!

I love the prep bowl - the bright colors have encouraged me to see them in my cupboard, therefore I use them more often.

Really liked this challenge!!!

Need the reminder to eat less and eat fruit for smacks!!

I am eating much healthier than I was. I am eating more vegetables and fruits.

My experience with the Less Is More was very positive. It encouraged me to eat more fruit and vegetables and to cut out gluten and dairy. I really appreciated the small set of bowls to measure my fruits and vegetables. I was most excited about my eating healthier and losing weight.

The recipes seem better this time. Most of the ingredients were common ones that I already have in my home. Keep those kinds of recipes coming.

During the evening, I fill my water bottle up with water and fresh fruit, this is a good combination.

Reality check on portion control was revealing!!

I loved the small bowls to help me measure portions, just wished they had lids for travel.

Thumbs Up!

Great program!!! I love it!!

It was good.

I'm sharing all of the information about this program with my family and they are also enjoying it!

Will keep on with the smaller portions.

I really enjoy this program. It makes me accountable for my water and habits to be better at making decisions.

Thank you for your desire to keep us on a healthy train ride. Love the recipes, the incentives, etc.

HAPPY THANKSGIVING!

Love the bowls, has now become a habit to use them to keep portion sizes manageable while preparing meals and for snacks.

I enjoyed being a part of this program and the recipes were delicious.

Thanks! I love being healthy!

Great program! Thanks!

Slow but sure I am making gains.

Love the little bowl challenge!

This was very eye opening!

I have gotten pretty good at side dishes being fresh fruits and fresh vegetables. Even got my husband to eat baby carrots instead of potatoes with a sandwich one day for lunch.

Liked using the small bowls to measure. Has made it very helpful.

Just trying to stay active!

I've gotten better at my serving size snacks and eating a lot less junk food and more veggies and fruits at home. With the bowls I got it helps my husband see how much he should be eating.

This is all good on your part, I just failed!

I have increased my water intake to 40 oz. a day and have slowly added fruit to my diet.

Luv the small cup size (gift) containers. Thank you, thank you! Makes eating a serving of vegetables and fruits so easy. I continue to try and eat more vegetables and fruits on a daily basis for a balanced diet. Even after the monthly program is up. I feel better about myself when I eat healthy! I'll try to keep it up!

Always helpful...it reminds you to be healthy with a daily update!!!!

I love your program

I really liked the bowls! They helped me to think more purposefully in planning my meals and most importantly, my snacks!!

Stay track for eating and exercise.

Loved the bowls!

Love the items you send!

I enjoy the recipes the easier the better.

Great, great program! I lost 8 lbs! I use the bowls all the time for portion control.

Thanks a MILLION!

Thank you for having this program. It has helped me a lot. Has changed my eating habits for the better!!!!!

The challenges are helping me to be more aware and I really like that, but this time I just lost my focus and wasn't able to do as many days as I should have.

I love the bowls.

Wonderful recipes

Great info!

I really like the recipes and the smaller bowls for food prep.

This was easy for me because I enrolled in Weight Watchers also. Kind of went hand in hand.

This program helped me continue to keep on track and be aware of what I'm putting on my plate. Not just what yet how much.

Thank you for this opportunity. I was ever so much more conscious of what I was eating and how much. I did happen to lose a couple of pounds which is great and, I started wearing my pedometer again as a reminder to exercise.

The recipes were also very appetizing.

I love the small bowls as a reminder of portion control.

I ALWAYS USE ALL 4 OF BOWLS AND ONE OF THEM WENT MISSING. UNTIL I KEPT REMINDING THE PERSON THAT IT WAS IMPORTANT FOR ME TO USE IT. I GOT IT BACK. THANK YOU FOR THE BOWLS THEY'VE COME IN VERY HANDY.

This program has helped me focus on portion control and with that I feel I can get my weight under control as well. Thank you for these helpful tips.

THANK YOU!

I really am excited each month to challenge myself! Keep the nifty containers coming, they are so easy to use. Thank you for this wonderful program.

Great tracking system!

Good ideas. Always good to be reminded.

Learning to eat healthier was my objective. I'm not bragging, I haven't gained a pound since high school. 147lbs for the last 36 years. Love using the small bowls for everything, even have my husband using them.

Enjoy the entire program!

I have lost 21 pounds in the last five months. My blood pressure is much lower and my annual checkup was very good.

Keep doing what you are doing - love it!!

Good program.

Thank you! The serving bowls were a big hit, and they helped us with our portion control!

Portion control/ healthy eating with fast food once a week... ideas on how to include that with some people's busy schedules as well as family who wants a treat every so often.

Enjoy the programs! Keep them coming.

Excellent!

My culture is used to eat heavy meals, I learned I don't have to change what I eat but how I eat it by doing some changes of ingredients and change my portions I can eat everything I want buy in small portions.

KEEP DOING WHAT YOU'RE DOING!!!

Focus on the healthy lifestyle choices, not just weight loss!!

I like the small bowls. Love the colorful variety.

I'm just glad EHA introduces programs like this, even though the majority of participants will not change that much. Most people know what is a healthy lifestyle, but have too difficult of time being healthy. Unhealthy

foods are like a drug addiction. The health industry should reward healthy people with free health care and make the unhealthy pay the costs.

Thank you for the small bowls that help with portion control.

Can we try something with putting our electronic devices down for so many minutes a day?

Would love a daily email for each program, not just every other month!

I think what you do is great.

This was a tough challenge to promote as the first challenge for the academic year. It was tough to encourage people to sign up for the wellness program for the first time and have to tell them that we're starting out by eating less. But, I understand why this was a good challenge to start with.

Is never enough more ideas to keep up healthy. We need more of this programs constantly.

Doing a nice job can't wait for next!

Thank you.

Love the programs and I like it better how you did this one with the monthly list rather than the weekly...so we could update our progress from previous weeks if we hadn't already done it.

I would love a focus on removing carbohydrates from meals. I prefer a low carb life style.

Personal Ownership: The program, info, tools, support are all GREAT. I just have to take personal responsibility and commitment to make it work. The programs are great, I just have to be motivated and take ownership. I'll keep working on it, and want to say thank you for the support!

It was good!

Thanks!

Keep up the good work!

Continue this longer!

I made a check list 1 protein 1 carb and 1 fruit or vegetable each meal.

Loved the recipes!

Keep it going!

The fruits were the hardest for me to get to.

Can I get access to the month on teeth? I missed the whole thing and regret it. I love the daily reminders. I often forward them to my retired husband!

More food option meal plans!

More recipes, please :)

I would love to have some kind of Weight Watchers group/program in our school where we could follow their point system. The Weight Watchers online helps me but I need a support group and can't afford the monthly fees. Even a reduced cost to Weight Watchers would be helpful.

More vegan recipes, please.

More prizes!

A suggestion for future would be something that I could involve my whole family in-a game night a week, food prep for everyone to take part in, meal planning/shopping trips with the kids etc.

Love new challenges.

Looking forward to the next one!

Keep up the great messages.

Small portions

Thank you!

This challenge was a little challenging to me due to the time of year. Eating fruit in the summer is very easy but I found it hard to find good fruit that had a lower sugar content to eat this time of year.

Trying to stay healthier as I'm getting older

Keep the good programs coming!

I just love all the daily new recipes!!!

Keep up with all the new recipes!! I try them often!! Have made many of them several times!!!

More vegetarian recipes!

Thank You for all of your wonderful programs!

Could we do a self-esteem or positive thinking program?

Everything was fine.

Something on weight lifting for health would be good.

Portion containers and preparation is key for eating well and ensuring that you eat when hungry instead of waiting (and over eating)

Keep up the great work and recipes!

Appreciate the incentives!

I enjoy trying new recipes and reading the ideas and tips. I always have learned some new.

I know I could make better choices when eating out, but can't seem to motivate myself to do so.

Bowls with snap lids.

Some people might not enjoy getting the daily emails but I liked it. It kept me accountable, reminded me to log my progress, and--again--I really enjoyed receiving the recipes!

I would use the nordic ware if it had a lid. It's hard to take to work without.

Love the reminders to update - life gets busy and we forget.

Great!

I would love you to have another one that involves music. I think you did one a couple of years ago, one of my favorites.

More recipes!

I think this is a great program, and really enjoy participating. Keeps me on track and from gaining weight - especially in the winter since I sit so much at my job.

Keep up the fantastic challenges. It has allowed me to modify my lifestyles immensely. Thanks!

Do not change anything!

It would have been better if the prep bowls came with lids on them to help store items as you meal prepped, or wanted to use them to put a salad together at lunchtime.

Idea: Healthy for the Holidays Challenge. Would like to see menu planning/recipes to get us through the holiday seasons of Thanksgiving and especially Christmas when all of the "treats" and holiday parties are in full bloom.

Do a program with something that deals with putting down cell-phones, tablets, etc. or not using Social media for so many minutes a day.

I just need to make time. I teach full time and take college classes and just don't make time to follow this. I should though.

Keep up the good work.

Love all of the items you give us though. Appreciate all you do!!

Great programs!

One of the better programs

So far -so good!

Keep this program going!

Bowls should have lids.

I thought it all went well.

Great program. Thanks for helping us become successful with our health and habits.

I had several people at school 'admiring' my soup bowl with a lid and my snack container. They were really bummed when they realized they could've had their own if they had only signed up to participate!

They recipes were great, but I found myself at the grocery store more because I did not have a lot of the things in my pantry, but you have expanded my pantry.

I liked the daily reminders. There is always something to learn from participating every day.

Keep up the great work!

I used a water bottle that has a portion for the fruit and then water.

I, like many others don't have the extra time to do a lot of exercising or have the energy after working all day. This type of program helps me push myself to do better! Thanks.

Many new ideas I am using in my wellness management.

Skinny folks need to learn to eat right as well.