

Challenge Guidelines

- Perform a comfortable stretching or strengthening exercise each day.
- Exercise at least 30 minutes each day - stretching and strengthening time counts.



Total Participants: 21,539
Completed Program: 8,747
Online Reporting: 11,107
Online Surveys Completed: 6,960, 32%

Survey Responses:

Did you adhere to challenge guidelines during February 2017?

94% YES 6% NO

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

15,424 pounds lost by 3,854 participants.

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

91% YES 9% NO

Will you participate in the next challenge - Boston Marathon?

88% YES 12% NO

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

Emails and Program Content	4.03
Recipes	3.82
Mailed Stretch Strap	4.05
Website & Tracking	4.11
Overall Program	4.11

Personal Behavior Before Program

Perform a comfortable stretching or strengthening exercise each day.	3.19
Exercise at least 30 minutes daily.	3.42
Productivity work/home	3.56
Overall well-being	3.58

Personal Behavior Before and After Program

Perform a comfortable stretching or strengthening exercise each day.	3.78	18% ▲
Exercise at least 30 minutes daily.	3.81	11% ▲
Productivity work/home	3.85	8% ▲
Overall well-being	3.86	8% ▲

EHA Member Comments

With EHA wellness programs & all the benefits, I have never felt better!

This was the best program ever!!! I tried out the stretch strap when it arrived, even though the program hadn't officially begun. It felt so good, I couldn't wait to finish my work that evening so I could do it again! The condition of my legs and back have really improved!! What an amazingly great tool!!!

Super EASY to log activities! Love the reminders!

Thank you for the reminder email. It helped me to stay on task. I love how simple the program is.

I am 68 years old and these challenges help me more than you will ever know. Thank you so much. I can't wait for the next one!

This was my first time being a part of a challenge through work. The strap sent to me is amazing and is helping. My joints feel better when I stretch, I just have been rather lazy with exercise. That's on me. The program is actually quite nice!

This has been my favorite program. I have been having issues with my shoulder and neck. After consistently using the suggested stretches and strap, my shoulder has quit hurting and my neck is significantly better. Thank you!!

I never really knew the proper way to stretch until now.

Tracking is an awesome way to feel the progress. Incentives are awesome! I love this program because it is motivational and holds me accountable. Participating has made me feel so much better!

I loved the stretching band! In fact it helped so much that I had my 83 year old mother-in-law start using it and ordered one for her. She is now able to put her own shoes on, which she was not able to do before. She also had trouble going up and down stairs, getting in and out of cars. Since using the stretching exercises with the band to assist she has overall improvement in her health and has lost 12 pounds!!!

In the past 2 months I've lost 20 pounds from this awesome site! I love being challenged and getting myself to feel better! The recipes were awesome and very yummy and healthy!

"Love" your programs!!! I miss them on the days when I cannot or do not do them (because of sickness, etc.) Such an awesome program - thanks!!! Even got my grown kids into exercising for life!!

I knew my flexibility was decreasing and just figured it was part of getting older. Now I know it doesn't have to be! My flexibility has increased considerably and I hope it continues to as I continue my new stretching regime.

The quality of the stretch strap was of high quality and worked very well. The strap was actually the same type that physical therapists use.

LOVED STRETCH BELT THINGY!

Some days I don't feel like doing my routine but your program keeps me on track with my daily workouts and stretches. Thank you for the great email reminders.

It is amazing how motivating being able to check a box every day is! :) I had hopes of losing weight but the overall level of energy improving was great too!

This is the one EHA challenge that asked me to do something I rarely do - stretch. I knew I should, but I always put it off. Now, I've incorporated stretching into my daily physical routine. Thanks!

My job is very demanding so it is not always possible to find time to read the articles provided until the weekend. I am focusing on my diet and exercise more because of the EHA Wellness emails and incentives.

The stretches felt so good. The strap was pretty ingenious! Have a copy of the suggested stretches where I can easily access it often during the day. It gives a little "boost" when things start to drag. 👍

This has been my favorite challenge so far. Stretching was one thing I really needed to work on. I am quite active but rarely stretch. The band was easy to use and I loved the stretching guide. Thank you!

Due to treatment and surgery for cancer I was unable to participate in this challenge. I do believe that due to my past participation, which developed healthy living habits, it helped me come through it very well mentally and physically. I'm looking forward to full participation in the Boston Marathon challenge!

I really enjoyed the stretching and strengthening exercises each day. It is so good to be a part of this EHA Wellness Program. Thank you for these excellent challenges.

I'm much healthier and very aware of what I eat overall. I've lost a total of 80lbs since I've started this program it takes discipline and encouragement. 👍😊

I have an auto immune disease which causes daily joint pain, with this program of stretching, my pain is been minimized and I've lost weight this month. I am sure it's due to being in less pain, and therefore becoming more active.

I really liked this challenge I learned a lot hope we have more of them, my body definitely felt better the more I did. Thank you for this one! 😊👍

Really love the stretching strap!! Helps me stay consistent with stretching.

Just love this program! I had to have hernia surgery back in July, it was a 6-8 week recovery. This helped me change my diet. The EHA wellness program has been a benefit to my health. With the surgery and doing this program I am proud to announce I have lost a total of 28 Lbs. I am able to keep my body healthy. Thank you!!

I really liked the stretching strap. I printed the exercises and used them. I moved to a new home during this month, and it did help to stretch before and after moving. Plus, I just felt better overall. Thanks for the challenge!

The recipes were fantastic and I really enjoyed them. They were chalk-full of flavor and nutrition. This in turn, gave me energy to find the energy to be productive at home. Without your program this month, I'm not sure I would have made it through! Thank you so much for looking out for ALL of us!

Again, I love the Wellness Programs!! It definitely keeps me motivated.

This program is very inspiring and motivating. It's an easy program to follow. I love it.

I felt motivated to workout because of the program. I honestly wouldn't have worked out nearly as much if it weren't for the program! Thanks!

Love how holistically you support our lives!

I feel amazing!

Quit smoking and began a daily workout routine!

I have asthma and VCD so this program is really helping me to maintain and control both and I am excited to report that I have cut my episodes or attacks in half since I started the program because I feel I am more aware of my body and health!

I really enjoyed the band strap. It is much easier to use than my yoga strap. I take yoga classes once a week, and find that working daily has helped even more. At 64 years of age, flexibility, balance, and good posture are more important than ever. Your stretching program is one of the best you have offered. I have discovered it's more than just being about losing weight!

I was in a car wreck years ago, and usually got up in the morning with severe pain in my head, neck, and shoulders. It was so bad that often I could not turn my head. My favorite stretching exercise that I now do several times daily is the first neck stretch described (Turn your head as far to the left (and then the right) as you can to stretch it.) I'd been going to the chiropractor several times a month for the pain. Since the second day of the challenge, I have not had any of the pain or soreness that I'd struggled with for years, and I haven't been to my chiropractor for it, either. Thank you. It was such an easy fix.

This program is wonderful. This program is summed up in one word. LIFESTYLE!!!!

This is something I needed. Great program!

I'm going keep going forward my biggest goal is to lose 25 more LBS

Thanks for the strap.

Getting outside more for long walks as our weather is warming up! :)

I feel I've added some important stretches to my repertoire.

Being more mindful of stretching after exercising made a huge difference.

These programs always inspire me to get up and MOVE IT!

Stretching and exercising has made me more "mobile" my back doesn't hurt every day. When it does I just try and stretch it out.

The stretch challenge was a positive motivator in starting a regular routine of exercise. I feel great and have lost some weight.

Excellent experience!

I feel better about myself!! Even if I didn't really lose anything.

I appreciated the wide variety of stretching and strengthening exercises provided. It is great to participate in programs that I can easily integrate into my daily routine. I will continue to do the exercises and use the stretch strap on a regular basis.

Great stretch ideas!

This was one of the better challenges. Stretching for me was instrumental in taking care of my back!

I have arthritis and this helps relieve the stiffness.

I find myself doing my task better at work than at home but I do like the challenges to motivate more time exercise and lose weight.

I felt great every day!

Makes a person more aware of how exercising helps on a daily basis. It is difficult to create the good habits and so easy with the bad habits.

I love the measuring/serving size bowl and the stretching band. Both my husband and I use them.

Once I got started with the strap I liked it.

This is such an important part of well-being.

Stretching was always something I wanted to do more but I never took the time to do. This program really gave me the opportunity to do more stretching and truly experience the benefits.

Definitely more limber than before!

Stretching makes a big difference in your life!!

It was challenging!

I really enjoyed this one because it really made me realize how important it is to stretch before and after! The overall awareness of it was great!

Great recipes and wonderful motivation!

Thank you the program works wonders.

This challenge motivated me to include stretches which I would normally skip. I will most likely continue to follow the program.

Good encouragement and recipes.

Great way to hold me accountable!

Thank you.

I was able to stretch out my shoulders and upper back way better than before, which has reduced the amount of times I needed to go to the Chiropractor.

Everything about this program was amazing, but I never received the stretch strap.

I'm anxious to try more of the recipes!!!

I have enjoyed being a part of this program since the beginning. I know I could do better, but it really has helped me to be more aware of what I eat, and how much. It has been a little harder to lose more weight lately since I have been busy with coaching responsibilities but I am still making progress. Thank you for providing this program for us.

I love to prepare food; so needless to say, I love all the recipes; especially when they are simple and don't take much time.

I love this program! Thank you.

Enjoyed this experience.

I love the stretching exercises shared through this challenge. I am very anxious to continue and implement them into my daily routine! Thanks

Nothing significant, but focusing on stretching appears to have provided a little more flexibility than a month ago.

The stretch strap is great!

I've always heard that stretching is important to our overall well-being, so it was good to have a program that covered stretching.

I loved the stretching program! I bought a stretching band for myself last year, but hardly used it because I didn't have the visual instructions to follow like with this program. I find I can get a deeper stretch with the band in my calves, where it's always hard to get them fully stretched. I encourage my husband to use the neck and upper back stretches as he sits in front of the computer all day.

Regular stretching helps you to feel better and have less injury.

I like these daily reminders to keep me more mindful to take care of myself and how to do that.

Before I started the program I hardly took the time to stretch before I would exercise or do activities. Since I did the program I do it almost all the time it makes you feel better to exercise.

I signed up for this challenge and then was not able to be a part of the challenge. I had to have surgery to remove my appendix. I wasn't able to do stretches or lifting. I ran off copies of some of the stretches and plan on doing them on my own when cleared to do so.

I have stretched before any activity since college.

Thanks EHA Wellness enjoy and look forward to all of your challenges.

The stretch strap is amazing and I promise to use it more than I have this past month. I absolutely hate to stretch. It bores me, but I have to admit that I feel better when I do it. I need to do it more often. The daily emails with pictures and directions of how to stretch were great. I also printed off all of the stretches from the website. I will do better!

This program did help get me motivated to do physical exercise!

Love the stretch strap!

Great program on learning how to stretch each day with the strap.

Very good program. I really enjoyed this go-round. Thank you.

The stretch strap was a nice incentive to motivate me with my working outs. I used the strap with my yoga workouts. Thank you for the gift.

Stretch band is helpful!

Loved the stretch band - thanks~!

I was also on a low-calorie diet at this time, so think this is why the weight loss, not so much from the stretching routine. Loved the exercises!

Good program. I exercise regularly but did not previously incorporate a stretching routine. This program gave me new ideas & was very helpful

It makes me think about what I need to do

Fell in love with yoga!

My body definitely feels more flexible. I used to have a muscle strain and with the stretching practices, it is becoming less of a problem.

Really liked the strap to do stretches with. Nice variety of stretching exercises both with & without the strap. As always good recipes that are easy to prepare.

I really enjoy the EHA exercise programs that include stretching and movement. Those are my favorites. Thank you!

I love the strap, and printed out the stretches. I plan to continue this until it becomes a habit. It was just a busy month, and I got bursitis in my hip, which has been very painful and made stretching and exercising hard.

I feel better. I don't feel so stiff and slow.

I think more people should join this. Have a "positive feedback" tab for people to post things of encouragement. (Of course make it so people do not see names, just comments)

I liked the stretching exercises without the strap, as a lot of them I can do at anytime or place that I have a few minutes. Thank you for the great ideas.

Another quality program! My family took advantage of some recipes for the first time as well.

I already stretch daily but absolutely love the stretch rope.

The stretching strap has done wonders for my always tight hamstrings!



This made me more aware of stretching.

I have been able to exercise on days that I would ordinarily not. Thank you for your help in setting the bar high.

I can tell that my flexibility has really improved. Stretching has also helped to relieve stress areas. The challenge made me slow down and focus on listening to my body. It has been very beneficial. Thank you for providing such great challenges!

All of your programs have been excellent. Enjoy participating.

I run every day and the stretching was great.

The nudge to get started stretching was good. I had not done stretching for more than a year and am now back in the routine. Thanks.

For me, I teach physical education so I am pretty active every day. My goal was not to lose weight. My goal is to continue to be active.

I was able to stretch every morning and feel great for the day.

Thanks! It was a great month!

This fit in well with things I was already doing. Thank you!

It's great to try something more detail like this.

Thanks for letting me be able to try new things! Stretching isn't something I normally spend time doing.

Enjoyed this challenge very much! Great recipes. Great stretching ideas!!

Love the stretching portion of the challenge.

The program is very good makes me accountable for exercising.

Good program!

I have had some medical issues during this last challenge that have prevented me from exercising like I normally would. This challenge, however, with the stretching allowed me to continue to exercise just by stretching. I wasn't feeling totally defeated like I would have otherwise and I was able to even lose 3 lbs.

A fun and necessary program.

Another great program!

Stretching exercises really helped my back!

I enjoyed trying the different stretches using the strap.

The stretching strap was perfect.

I have had a lot of stress like friends with strokes, serious health problems and even 3 funerals this past month with another one in the next few days. By some miracle, I have not become sick, and we are coping okay. My husband also saw me trying to reach my goals, and bought me a fit-bit, a fun addition to keep better track of cardio workouts and fitness. I liked the idea of providing an exercise with the strap and without. Options are great.

Just keep going!

I have been struggling with heel pain and the stretching really helped to lessen the pain.

This was a program that really helped with some of the muscle problems I have been having.

I know I am more flexible. When I drive I can check the lanes next to me easier, I can turn my head farther and so I am much safer. Thanks!

Awesome program!

I liked the stretching tips both with and without the strap.

Very good stretches for the whole body!

Great, program. Enjoy the email reminders.

I enjoy stretching my day out!!!

Liked the program!

I was overweight when I started but now I am where I should be. Thank you.

Thank you!!!

I looked forward to a new stretch every day. It was easy to keep this going in the morning before work and felt better having done the stretching.

Reminder were good to read and keep the goals in mind.

I have remained dedicated to the 30 minutes of exercise daily. I tried to do the stretching in addition to the 30 minutes but found many days there was just was not enough time. Rather than try a new activity, I will try to work on doing a better job of working stretching into my daily routine.

I have very tight muscles so the reminders to stretch everyday were helpful.

I need accountability, so this program is helpful to me in terms of exercising.

I have been going to the chiropractor for my neck and shoulders so the strap helped with the exercises he gave me to do. Wasn't able to do all the stretches but just repeated the ones I could do.

Made me realize how important stretching is.

Love this info!

Made me more aware of the importance of stretching every day. Awesome program!

I loved this challenge and since I am already doing physical therapy for my back and stretches are involved in this one. It was so easy for me to continue on with my stretches and complete every single day. I not only feel better I also have lost some weight I wanted to desperately loose. Thanks for a wonderful challenge.

I do a lot of lifting and the back/shoulder exercises helped me a lot.
Thanks!

I can stay with this program and it helps a lot thank you. Can't wait for my next challenge.

The stretching really helped me with my neck and back. I feel more energized each day after doing the stretches and I am not having the tightness in my neck like I was before.

This was a great program as I am getting older and needed guidance in stretching. Getting less rigid and more limber. Thanks.

I was doing another challenge this month and the stretches really helped me!

I have been enjoying the daily quotes! 😊

Loved the stretching tips both using the strap and also the other stretching tips.

My posture has significantly increased and I have more energy.

A great program!

Good examples of stretches.

Could feel things moving around as I stretched. When you don't do it on a daily bases you hurt in places that you didn't even know you had!

I joined Weight Watchers recently. This, in conjunction with the EHA Wellness Program is helping me achieve my goals! Thanks for the daily progress update opportunity!

I have arthritis in my neck. This program help to elevate some of the stiffness and pain. In my knees as well.

Thank you for the reminders.

I set up formally working out every other day, then walked or biked the alternate days.

I am a runner, but sometimes don't give my body the pre and post stretching that it really needs. This helped me focus on that.

The stretch strap is great - I use it at least once a day most days.

This was a real challenge for me because I don't normally take the time to stretch out after I work out. However, in doing so this month, I found it relaxing and worth the extra time :)

I really enjoy how these programs help me hold myself accountable. Just knowing I must report in the mornings to an email works for me. Thanks!

I am pregnant and need to continue working out and stretching. This was a good motivation and helped me sleep better at night.

Loved the stretching portion of the program. Made me do the stretching before I began my workout.

I really understand the importance of flexibility and this is one program that I plan to continue way beyond the Challenge month

Saw great improvement in my flexibility during this month. Aches I regularly had in my lower back disappeared.

Exercising daily is something I have always tried to do. This program just gave me more inspiration to continue that.

I really enjoyed and benefited from this program. I never really understood the importance of stretching and how much I can benefit from it and that does strengthen my body. Great program!!! I really enjoyed it.

Loved this! The strap is nice, too. Thanks!

I became more flexible

I love the stretch band!

Great program. Really enjoyed the stretching which I normally do not do. Did not really understand the importance of it. Thanks.

I appreciate the reminders to stay active.

I loved the stretching ideas! They helped to make me less sore the next day after working out.

Really loving the motivation it is giving me.

This challenge made stretching a part of my exercise routine. Body feels so much better!

Make me eat right.

Great program!

I really liked stretching every day. I would stretch before I went to bed and I woke up refreshed in the morning. I especially enjoyed it because I had a baby in November and now I am getting back into working out.

Love the stretches I can do at my desk.

Great!

Great program!

I also joined Weight Watcher in Feb. so I'm sure that helped me lose weight.

Thanks for all the encouragement.

Enjoyed the different stretches with the strap.

I really appreciated all the stretching exercises in one place. Without digital access in my exercise space, I now have a copy of all the stretches at my fingertips.

Like the stretching directions.

The program is good, I am just not someone who puts a lot of time into stretching.

Love the recipes. Like to try a new one every week.

Very good program!

Stretching is such an important aspect of overall health. especially as you age. thank you for adding this!!!!

I love the strap & the stretches. I have packed it into my work bag for some stretches at work as well as at home! Love it! I want 2 straps so I don't have to carry them back & forth!

Good program!

Great way to remind myself to stretch!

The challenges keep me on track!

This challenge was a very helpful reminder for me to stretch every day! I'm in my third trimester of pregnancy so it is extra important for me to keep limber and I feel like the email reminders to stretch helped me to not be quite so sore.

LOVED this challenge. It was great to see what a difference a little stretching can make, changed my thinking about how much time I need to dedicate to stretching!! THANK YOU!!!

I have used the stretch strap and have benefited from the exercises. Thanks!

I loved learning how to stretch and using the stretch band with all your exercises and tips on how to use it.

Thanks EHA wellness. The challenges keep me a lot more aware of my health needs.

I would like to continue to practice this. It is something I have never been good at adhering to. I would like to combine yoga.

We offer yoga once a week at work and once I started I realized how important stretching is. I also realized I am not flexible. This was a very important aspect of wellness that people don't consider. I would like to get a group of co-workers together and use the bands over the lunch break to keep flexible. You have the best wellness programs on topics I wouldn't have thought of. Thank you so much!

Love the recipes and stretching exercise recommendations!!

This challenge has encouraged me to continued use stretching exercises.

This really helped me to start stretching on a regular basis!

Loved the emails and the recipes!

Although I did not lose any weight, my clothes do feel better.

I actually found exercises that I enjoyed!

I am more aware of my healthy diet, exercise program and overall wellness!

Thank you.

I enjoyed this challenge very much. It was fun too.

For various reason over the past 6 months, my good exercising habits have waned. This stretching program has given me pause to review my entire workout plan and get back on the horse. It feels so good!!

Always been flexible, very necessary for feeling better and overall good health!

The insightful knowledge of simply stretching, breathing, resting, etc. has made it an attainable goal to achieve. I can truly feel the amazing results! Thank you for this valuable piece of our health plan.

I am feeling better because of stretching more. I know the importance of it but just wasn't doing it, thanks to this challenge it became a to-do during my daily life.

This was a great program.

It was amazing to see how great I felt after stretching each morning. By doing that each day for a month, it has helped me incorporate stretching into my morning routine, which will help me to be more successful at continuing the stretching.

I love these programs!! Now started a weightlifting class at the college to help keep me motivated.

I like how the stretching counted as part of the 30 minutes of exercise. I have neck issues and carpal tunnel syndrome which causes numbness and tingling in my hands and fingers. This has improved with regular stretching!

Love the recipes.

I enjoyed using the stretch band! It was nice to have something tangible to use...I feel like it held me more accountable!

Love the stretch band!! Something even my husband can use!

I really liked the stretch band and the pictures on how to use it. They were very helpful.

Great way to hold me accountable!

Clear and easy to follow. I liked the pictures and the descriptions.

I loved the stretching band! In fact it helped so much that I had my 83 year old mother in law start using it and ordered one for her. She is now able to put her own shoes on, which she was not able to do before. She also had trouble going up and down stairs, getting in and out of cars. Since using the stretching exercises with the band to assist she has overall improvement in her health and has lost 12 pounds!!!

It was helpful to have simple stretching exercises that could be done at work.

I love all your programs. They introduce to me such healthy ideas and encourage me to do more.

I use to take a day off to rest my body but I found stretching and walking on my days off helped better with my recovery. Soreness went away quicker and had no back stiffness.

Loved the strap and exercises.

It gave me more energy.

This was very helpful. A good reminder about the importance of stretching. I do a lot of strengthening exercises, but was failing at the stretching. Doing much better at that now.

This challenge really motivated me to wake up earlier to get on the treadmill before work. I have lost five pounds so far!

I really like the stretch band. The little "hand position slots" makes it much easier to use compared to my yoga band. I now use it for my yoga classes. I had been hoping you would have a challenge like this as I enjoy my once a week yoga class, and this pushed me to exercise/stretch every day.

I basically had been putting exercise off using the excuse that I'm too busy. The stretching/exercise program challenge got me moving! I feel healthier and happier.

Feeling good!

I appreciate the daily reminders and tips.

The recipes looked good!

Excellent!

Thank you!

This program has helped me to stretch. Which helps and makes me feel better.

Some of the exercises really helped my back.

I have struggled with flexibility forever, largely due to not really understanding the importance of stretching while doing so much heavy lifting as a teen. I tried hard to really focus on stretching every day and I do think I've seen some incremental improvements. I plan to continue with the stretching program.

I have also began losing weight as a result of joining weight watchers - but the material that we are given through the EHA Wellness program is good stuff. It's just now I am held accountable by somebody weighing me. The ticket to weight loss after several failures is TRACKING FOOD!!!

You guys are helping us stay healthy, Thank you!!!!

I found a program on Iowa Public Television that was for stretching/strengthening. It comes on at 6 am and I was very faithful to do that every week morning and some weekends.

Love, love, love the stretching strap, makes stretching enjoyable!

The stretching strap is awesome. I am training for a half marathon and use it in my daily stretching program.

Keep me on track!

Love all you do to make exercising interesting and fun!

I feel better!

I loved the stretching ideas and straps! I can stretch more than I can actually get out to exercise or walk. I hope to continue to do these stretches daily!

I never would have reached my toes without the strap. Pretty great ideal. You always find the most interesting stuff.

Great experience!

Thank you so much for the Stretch Strap! I love it and now that I have one of my own I have found the advantages of doing more stretching exercise at home every day. I have been doing stretches in the mornings for quite some time due to a hip problem and weight lifting for a knee problem but now with the strap and extending stretching to my whole body I see and feel that my body has been asking for that for quite some time. No weight loss but body is feeling better.

The program made me more aware of how much time I spent sitting.

Great program! It was a good motivator to keep moving and being aware of what I am eating.

I had already been engaged in some stretching exercises before the program, this kept me more focused and inclined to be more consistent.

I noticed my flexibility improving while doing this program! I also felt better after exercising because I was stretching before and after.

I HAVE BEEN LOSING SOME WEIGHT SLOWLY WITH PORTION CONTROL. HAVE BEEN COMBINING THE STRETCHING WITH 30-45 MINUTES OF TREADMILL AND RESISTANCE MACHINES.

Thank you for the stretching strap!

My mom is retired- she came to visit me and asked what was that funny looking thing laying on my living room floor. I told her my stretch strap. she fooled around with it for a moment. I also told my mom it was part of our wellness program at work. Every day after that, my mom would call me and ask "did you stretch today?" Mind you, I usually speak to my mother 3-4 times a week. She called EVERY DAY!!

Loved this one!

It was a great program, I just didn't make time to incorporate it into my daily schedule.

I am enjoying the healthy tips and information through this program.

Thanks!

I liked the stretches and they seem to help with flexibility. This is something that I can do daily at home or even on lunch break.

With doing the stretching every morning, it helped me to get moving every day.

Thank you for the encouragement and desire to exercise.

Nice program. The band excellent addition.

Gave me something different to do in my workout.

I have way more energy now that I am exercising more!!

E mail encouraged me to do stretching every day.

Love it, thanks for encouraging and help us stay healthy.

Love the stretch gadget and card.

I like the pamphlet describing the stretches that you could do without the strap.

I exercise a lot but usually skip the stretching. Doing this program forced me to slow down and stretch. I loved the stretch band and will continue to use it.

I have seen a definite improvement of stress reduction and overall well-being from the stretching challenge.

I feel so much better and can more easily due to the stretching exercises.

Once it became a habit, I missed it when I didn't get a workout/stretch in.

Program was very helpful with providing stretches that I had not done before that really helped my lower back.

This program helped get me going at the gym. Now I am still going strong.

I've changed my diet also and am trying to eat healthier. I have eliminated eggs, dairy and wheat from my diet.

Knowing I have to report in helps encourage me to be consistent with my exercise routine when the alarm goes off at 5:30 am and I'd rather stay in bed!

I have started CrossFit as my exercise routine, I am loving the positive changes I am seeing about myself- lost inches, sleeping better, positive attitude!

Excellent program!

It was great to be reminded of the importance of stretching each day. I felt more limber and relaxed overall.

Thanks for all the stretching exercises- I had not done many of them before.

I really liked the emphasis on stretching even though I didn't follow it as faithfully as I should have. It was a great idea for the month and the stretch strap will continue to be used.

Thanks for the stretch strap. I keep it near my treadmill to remind me to take time to stretch before a run. That is something I need to improve and having it for a visible reminder does help me!

Thank you for the stretch strap! I think the stretching is good not only for your joints and muscles, but also as a relaxation technique. I need to try very hard to keep doing this now that the challenge is over!

I enjoyed learning all the new stretching techniques.

I enjoyed the challenge!

I enjoy the programs offered.

Thank you for all your information you give us each day.

I'm not much of a stretcher, never have been. For me, the stretch strap was very helpful because of the loops, I was able to push myself and hold it. Since I've always struggled with stretching, this was much more enjoyable.

This was an excellent program to get me stretching again! I used to do this every day about 20 years ago when I was active playing basketball. For whatever reason I stopped; thanks for the encouragement and excellent materials to get going again!

I love this program!!

Although I didn't make all 20 days, I made it 14 which is more than a typical month for me.

When the weather is warmer and I can exercise outside, I do much better with fitness and eating better.

Loved this!

The strap was very helpful in the overall program.

I have been sleeping better!

This was a really good program. I am a person that would get muscle cramps on a regular basis. My doctor told me to do stretching exercises so this could not have come at a better time. In addition I changed my diet and lost 22.6 lbs!

This challenge came at a perfect time for me. With lifting heavier weight I need to stretch more. The hand out and Stretch straps were perfect for my stretch goals!!

Great challenge!

Did yoga for this challenge. I have also incorporated yoga into my kindergarten classroom and the students love it!

I found it crazy how sore I felt after stretching with the strap. I guess I didn't realize how much I didn't use some of those muscles.

I love the stretch band.

Great programs offer great opportunities for success!

I did not keep track of my exercise like I should have but I did watch what I ate. I did not drink sugary drinks and increase my water intake. I tried to eat more meal as this is part of my problem. Eating breakfast is my new goal.

Stretching / flexibility is something I needed to improve on. I love my stretching band!

I enjoy been active and the stretch program reinforce it!

Every stretch had benefits. Absolute necessity for total health!

Loved the strap!!!

I always look forward to reading the recipes. Not only are they healthy but they are delicious.

Love the stretch strap I am constantly using it during my morning workouts.

It was good to see how much more flexible I became as the month went on. Thanks for all the suggestions of different stretches. I found some areas that I don't think I'd stretched in decades. It was awesome to be reminded to stretch daily which becomes so much more important as you age. I'm hoping to ward off some injuries in the future because I added stretching to my day. Thanks!

Excellent program!

I do lot running strengthening help me a lot.

I felt so much better after stretching. I will continue these exercises.

Loved the stretch band! I've been incorporating it at the end of my workouts.

It's always more fun to do as a group and makes you and others accountable.

My shoulders are so much better - regular stretching has healed my shoulder pain.

I like all of the support and reminders from the program. It also makes me look at what I am doing assess what I should be doing look at how I am doing my workouts. Eating has changed a lot for me in the past few years. Food has not ever been a priority for me.

I found the exercise descriptions to be very detailed. The stretch strap is well made. I appreciated the inclusion of exercises that can be done without the strap, since some can be done during the workday. Thank you for having "real life" models in the poses!

Great stretch tool, this was a really wonderful program for me.

The email encouragement and reminder is very helpful.

I liked that I could do deeper stretches.

I love the recipes!

This was a challenge! I learned so much and feel better stretching!

Always helpful to be more mindful. :)

I jazzercise, and I love it. It is one hour of exercise. I try to go every day, but sometimes my schedule does not allow that to happen. I have really enjoyed the stretch strap!

Love the bands and the exercises that showed every day.

Love the stretching as it helps my back. Also like the recipes.

I love the stretch strap!! I wasn't doing as much stretch strengthening until I received the strap and the exercises to use with the strap, but now am able to use it every other day along with riding my bicycle and my treadclimber. Thank you for the tools, materials, and support for wellness!

Stretching in the morning definitely made me feel better throughout the day.

Thank you!!

Love these programs. It keeps me aware of my overall health.

This has reminded me how important stretching is for our well-being. Our chiropractor asked recently if I was stretching before exercising & I had to tell him I was working on it; but not faithfully.

I love stretching! I had the kids stretch with me at school.

My husband and I did the stretching exercises one night, and we both were very stiff and sore the next day. We know that this is an area we need to improve on, and plan to start again, but maybe a little slower this time. The stretch band is a great tool.

Although I was not successful with stretching and exercising enough, I did completed the activities in part most days. Doing so was good for me.

I take yoga four times a week. During my off days I stretched. Also, I always walk a mile every morning.

Very helpful and useful program.

I have a certain stretch routine that I practice daily. It is nice to have new stretch routines to try.

I enjoyed the challenge! :)

As always I am very satisfied with the Wellness Program. Stretching with the stretch strap was really different than doing the stretches on your own. I didn't lose weight but tightened parts of the body which is good. Keep up the good programs we who do a lot sitting during the day need extra help.

Love the stretch strap. Many of the stretches listed in the email can be done sitting at your desk. I discovered I can stretch throughout the day as well as add to my personal exercise routine

Every little incentive is helpful. It's so easy to fall off track. With this program you keep me motivated and more aware each day.

In spite of my minimal weight loss, which I wish it were more, I am off Contrave - a weight loss medication. I was able to lose 30 pounds on Contrave, but the side effects are bad. I am really challenged by maintaining my current weight, let alone any weight loss. So all in all, I feel pretty good about where I am at. My biggest thing is controlling hunger at night.

I liked the stretching! Some of these really helped with upper neck and back pain I've been battling.

This was a good program to have. It really helps to emphasize the stretches that I did not normally use. For someone who sits at a desk most of the work day, it really forces you to get up and focus on stretching and strengthening your body.

Really love the stretching strap!! Really high quality.

I love the stretch strap, it helps out a lot!

It was nice to get emails each day with new recipes and stretches to try. Really help me see the progress I have made.

This challenge was wonderful - I am currently going to physical therapy for my arm and the stretches helped! ;)

I been behaving better in bad eating habits.

I have been stretching more, and exercising more, not the 30 minutes required, but getting closer!

Great program, and thanks for the stretching strap!

I enjoy being reminded that stretching and flexibility are a health related aspect to our well-being.

Love the serving size bowls and the stretching band. Thank you for this program!

Good program!

I was pretty consistent until I got sick with bronchitis

I loved this challenge! Very easy to stick to.

More flexible!

I liked this. It was simple, but helped hold me accountable to stretching like I need to do.

Love these programs!

I really enjoyed this challenge. I joined a Pilates class during the challenge and worked hard on my stretching.

I exercise regularly I liked incorporating the stretching

I am more flexible and agile after using the Stretch band.

The positive reinforcements and challenges of these monthly exercises are awesome!

Love the strap!!!

I have a bad back and do some of these stretches for my back.

This is a great program.

Thanks!

I now realize how important stretching is as we get older. Flexibility is a key to helping prevent injuries.

It is the accountability component that helped me (it always does) - I do yoga for my stretching though.

This is such an awesome program and I really look forward to each challenge!

I found my flexibility improved due to stretching. My sleep patterns have also improved.

I just love the challenges. It helps me to stay focused and not become a couch potato.

I have a lot of different ways to stretch that I didn't know about before.

Muscles feeling better and self feeling better with doing this.

I have hired a personal trainer this month to help me reach my fitness goals.

Thanks for the stretch band!

I am not really into the program to lose weight but rather for conditioning and to maintain overall health. I love the program and have abided by it faithfully every day.

These are habits I already do each month, but it was nice to track my stretches/exercise.

Learned some new stretches for some problem areas!

Stretching and strengthening has always been hard for me to want to do. This gave me some great ideas to work on.

The program made me anxious to start the next program.

I did try to stretch everyday just didn't always get in the exercise. Liked the stretches that could do at work or at my desk.

I really like all the stretching exercises - my favorite was working with shoulder and upper arms. The poster we got in the mail was very helpful. I will continue using these stretching exercises. I did try some of the meals. Very easy and yummy.

Loved the strap!! It helped me when I thought I couldn't!

The strap helped me stretch when I thought I couldn't.

I am happy to see these positive changes in my overall energy during the day, and hope to continue this not as a challenge, but a lifestyle. Thank you!

This was a wonderful challenge and I plan to use the band and the stretches on a regular basis. Unfortunately, I had some medical issues and was not able to complete this challenge.

Thank you for the great ideas! My stress is greatly reduced and I'm so happy to say that my body is much more flexible!

I'm pretty good about starting a workout program, but since incorporating more frequent stretching, I've not been as sore from my workouts and have stuck to it more.

The stretching really helped I think on my stiffness.

I definitely saw an increase in flexibility and I felt better.

Enjoyed the stretching!

I am not used to sitting at a desk. I have had a stiff back and neck and stretching daily helped a lot.

This was my favorite of all the wellness activities so far.

I like that you send the exercise directions with pictures with the stretching band.

It seems like I have had a lot more energy. Also, after breaking my hip last fall, I feel like I am gaining a lot more strength in that area.

Never realized how stretching could make me feel better, even energize me. I am more aware of it now and do it more throughout the day too.

Great program! Keeps me on track!

Love the Stretch Strap. I showed it to my PT guy and he wanted to know where he could get one. Because I have been stretching on a more regular basis, when I was in a car accident...I was shaken...but not hurt. Rested for three days and then got back into the stretches...and actually felt better getting back into the routine.

I can really tell that I'm losing weight just by the way my clothes fit, and I also have more energy.

Great programs. They keep me motivated.

Love the stretch strap!

I really enjoyed this challenge! I currently am doing physical therapy for shoulder surgery so some of the stretches you suggested I was not able to do so I did more of my own. I love all the challenges you offer and do my best to complete each one. I hope you continue to offer them.

This program helped me realize how much better I feel after I stretch every day!

This program had good timing. With respiratory illness, I couldn't go on my usual walk, let alone run. I still could do stretches and some mild strengthening. It set me up for good habits of regular exercise for when I'm healthy again. I learned some stretches to add to my repertoire.

I really enjoyed this month's challenge!!!

Thanks!

I have started going to an exercise class.

My husband watched me doing my stretches and started doing them after I did. He felt a lot better.

I enjoyed this program very much. I received a Fitbit for Christmas that was very beneficial in tracking my activity time. I liked the added stretches that you provided, and enjoyed sharing them with some friends who have difficulty with some stretch and balance routines. Many are modified to allow them success when doing them.

All the information was very helpful to my well-being & health.

Love the stretching strap and the recipes!

The tips were great reminders! I often exercise but "forgot" about the importance of flexibility and stretching. Now, I understand the importance of stretching - especially as I have gotten older.

I was really excited to get the stretching exercises. That is something that really works for me at my age to get me going on actual exercising.

A wonderful program!

I had 2 surgery's the end of Feb, but did pretty good at walking 3 miles 3 days a week leading up to surgery.

This has reminded me how important stretching is for our well-being.

I really felt better after stretching. I loved all of the suggestions and ideas. I didn't do it each day - but the days that I stretched - I felt a noticeable positive difference. Thank you!

I'm keeping the stretching emails as a future resource!!!!

I used the postcard you sent out and kept it right where I exercised, so I wouldn't forget to mark it.

I loved the stretching. It felt so good. Took me awhile to get it right, but I got it! Thank you so much for caring about all of us.

Even though I did not participate every day I appreciate the reminders and motivation. Thank You!

I had a wonderful time learning how to stretch each part of my body.

I did stretch, however, had a difficult time using the stretch strap for some of the exercises.

Stretch strap was an awesome gift!

I use to stretch all the time and slow got away from it, it felt great to start stretching again! Thank you for this program!!

This gave me great ideas for stretching prior to my workouts. Through the workouts and being aware of my eating habits, I lost weight and inches around my waist.

I have a lot of back pain and stiffness if I do not stretch. This simple stretch strap is amazing for me. It has helped me do so in lesser increments to moving up as I become more stretched out, a huge difference, thanks!

Was unable to finish the last week because of extreme pain on lower left side. Have sought medical care.

I like to exercise, so I just added the stretching exercises to my exercise routines and I liked it, I will probably keep using stretching in my exercise routines.

I found a 30 min. yoga class on Create.tv that really coincided well with this challenge and verified how important stretching is.

I like the accountability and charting progress online. Easy to follow and keep updated with email reminders.

The more active I am the better I feel.



I feel good about myself!

I like the way I feel after a good stretch.

The stretching is awesome with the straps...really helpful.

Thank you for this encouraging program.

Been going to the chiropractor so did some of the stretches he wanted me to do. Not able to get on the floor so repeated some of them.

Very helpful to encourage toning of certain muscles.

I really enjoy the programs provided by EHA Wellness, they motivate me to work harder on exercising every day, and taking care of myself and my health. Thank you.

Very good!

Definitely makes you feel better.

Loved the stretching strap and emails showing how to use it.

I love this program!!!

Appreciated the incentive to stretch.

Liked having two suggested stretches on web page for each day.

The importance of stretching is so important, thank you for making me see that more clearly. Love the belt that was sent to me.

I've lost over 60 lbs since August, I appreciate the programs, emails, that help keep me on track. Still more to loose but lots of progress! Thank you!!

Absolutely love the strap and exercises. Thanks so much!

The stretches were extremely helpful.

Awesome!

Drinking more water is really helping.

I will continue to stretch every morning and evening. This has also encouraged me to continue exercising.

Stretching has positive results on your body and made me feel a lot taller – it's a necessity as you grow older.

I loved the stretching. I usually eat fairly well and am very good about exercising. I always stretch before and after a workout, but these stretches gave me areas to stretch that I had been neglecting. This program also gave me ways to stretch throughout the day, not just before and after exercising! Love the recipes!

I like stretching and strengthening program very much! Thank you!

Keeps me healthy and feel better.

I know I need to stretch more and this program has made me more mindful of getting more stretching in to my life!

I am currently training for a 5K and run 4 x week 2-4 miles each run. I also hit the gym twice a week for upper body. I still need to work on core. This was good insight into stretching. Thanks, Grant

I walk about an hour most days. I added the stretching exercises before my walk. I felt better during the walk when I stretched first. I will continue my favorite stretching exercises before my walk from now on. I liked that there were many different kinds of stretches to try.

Great reminder of the importance of stretching and overall well-being!
Thanks!

The suggestions in this program were wonderful! It is just a matter of making time to actually take time for oneself and be active.

Thank you! The information was great!

I loved this program. Stretching is so important to me and I don't do it often enough. This made me do the stretches. My body felt so much better.

Among benefits is my back feels great. Not stiff or achy.

These program challenges are the Best! They keep the subject on the front burner, help me focus on important health issues and allow me to measure my progress.

This was the best program yet. I like the stretching every day to help build strength.

My stomach is shrinking!!!! I feel amazing.

Great Program EHA :)

This program reminded me that stretching is important, and it makes me feel so good! I don't always have the time to do a full workout, but at least doing the stretching every day is so helpful!

These stretches help as a part of a new routine. Recently diagnosed with Rheumatoid Arthritis I am trying to keep active and as limber as possible. Thank you.

I love this program! The bands have brought back so much strength and flex to my back and body. I find myself not needing to stretch when asleep. Thank You!

Great stretching ideas, strap is great.

Helped me to stretch, still not my favorite thing to do.

I really liked the stretch program. When you get older you need more stretching so I had to be more intentional about doing this. (not like some of the programs where you do them and now perhaps need to do a better job-drinking water, sleeping)

Great!

The stretches taught really helped my mobility and range of motion.

Love the stretch strap! Thank you. I also love the recipes!

This program keeps me motivated! Thank you!

Thanks for all the motivation!

Neat program and made me aware of the importance of stretching.

Inspirational activities to keep me moving!

Excellent program!! Very motivating!

I feel a lot better after I do my stretches every morning. The few times I've skipped them I can really tell. I would walk instead, but it wasn't the same.

The stretch band was easy to incorporate into my daily routine.

Loved it!

Love the stretching strap!

Great for stretching!

This program help me to be aware of body control and how I treat it with exercise, and nutritious food. God is the temple of my body and he's pleased to what I put in it.

Made it fun to see just how many "Steps" I take....incredibly, I was hitting over 17K a day. Working in security, I do walk more than most, indoors and out. Thanks!

Always love the recipes.

I'm a yogaholic so I'm already very flexible, however I did see some new stretches that I really enjoyed! THANK YOU!!!

I feel better all over now that I have been stretching every day.

Loved to stretch strap!

Keep up the good work!

THIS WAS A GOOD PROGRAM. I STRUGGLE WITH MAKING TIME AVAILABLE AFTER WORK TO GET EXERCISE IN.

I really enjoyed using the stretch strap and appreciated the guided pictures. I even shared the strap with some of my students and had them doing some stretches.

Better overall flexibility, less back pain!

Good, helpful.

The stretch strap was a visual reminder to start and complete my stretching for each day.

I love the program!

Feels great to stretch!

Love the stretch band!

Love the daily information. Keeps a person on track.

I had a really hard time getting started and motivated. Once I got started I felt great and enjoyed the punishment!

I used my stretching band almost every day, I also share it with my husband who really loved it!!

Great program!

Thanks for always sending the email reminders. It is very helpful!

This challenge was great!

I love the recipes that come with the daily updates. I am following Weight Watchers and the recipes can easily be converted into Smart Points.

This is a great program. I had sick family for about 2 weeks and it really through my schedule off, so my discipline is the problem not the program. ;)

The stretch strap was good quality and it is the same type that physical therapist use. Very impressed.

Fun using the recipes!

I feel more energetic. Focused. Trying new recipes has been great.

I didn't lose weight, I gained, but I am 19 weeks pregnant so that's a good thing!

This does remind me to do certain things to stay healthy.

Excellent program. I would do it again.

This does remind me to do certain things to stay healthy.

The stretching was exactly what I needed and the bands helped. I really enjoyed looking for the next stretch online and seeing them on the postcard was good too. I will continue to stretch and use the band. Thanks! This was a great wellness month.

Wish I had more time to stretch because it does make me feel better!!!

Helped with what I was doing!

Enjoyed doing the exercises with the stretch strap.

Losing 9 pounds yea!!!!

I have been doing additional stretching, weights, and exercising to look nice for an upcoming family wedding. This was a good challenge for me!

I have low back problems, so the stretching is something I have been doing. This program kept me on a better track to sticking with it!!! Also my right knee, will soon need to be replaced, so my walking is not what it was, which is very disappointing!

Enjoyed learning all the new stretches.

Since I have started with the EHA wellness program, when I started working for OPS, I have become healthier and more motivated. Tried some recipes. Lost some weight.

Great program!

This is a great program! This month I just wasn't able to meet the guidelines due to being sick and having too many things going on. Next month I will commit to this and make my health more of a priority!

Thanks for the recipes. We used several of them and enjoyed them.

I'd like to know where to get an additional stretching band so that I can have one at work and one at the office.

Thank you!

LOVE the stretching strap! My spouse thinks I look funny, but my body feels better and since I do it prior to bedtime, I have had much better sleep!

Staying active exercise every day with a positive attitude.

Great program I feel I have lost inches instead of weight.

I found lots of excuses NOT to adhere to the program, but at least I noticed, was conscious that I was not doing as well as I might. I value that. I very much appreciate the focus on stretching. During the month, I began attending a yoga class that focused on Yin poses. Really deep stretching. I like it. Thank you!

I felt much better and calmer after I had stretched.

I like the fact that I could download the two sets of exercises so I have them available at home. Thank you for that. Also, the exercises have helped with my lower back issues.

Over the last several years I have put in place some excellent habits for my overall health. I do not struggle any more to exercise daily, eat better, or drink plenty of water. But stretching is something I know I should do before and after I exercise, but I find myself skipping this step often. This month I still didn't do it every time I exercised, but the accountability helped me to do it more faithfully. I did overall feel better because of doing the stretches. I really liked using the stretch strap provided. Hopefully I can continue to include this in my daily routines.

Good program.

I loved being reminded to work on myself!

I love stretching daily! I feel much more relaxed!

Stretching is very important and can be a key component

The stretching exercises and recipes are great and I printed off the entire program!!!

Feeling less achy and arthritis seems better. Need to continue with the stretches.

Walking more to feel better.

I took my stretching band with me to my gym to have a better space to stretch, I used it after my gym classes and I felt how the band was helping me to get a better stretch.

I enjoy the program and the daily recipes and hints for a better life.

Keep this program going, love it!

Increased my flexibility!

I love the stretch band and I use it all the time.

I'm pretty active and stretch regularly, but I liked the different stretching ideas. I did some stretches that I normally wouldn't do.

Loved the exercise strap, another tool in exercise tool box.

I've found that stretching before bed helped me sleep better.

Excellent tool! Thank you!!

I love your programs! They make me more aware of what I can do to improve my health and well-being. I sometimes have trouble with some of the requirements (not eating enough veggies or drinking 40 oz of water :) but it makes me want to strive to do those things. I like working toward a goal even if I don't quite make it! Great job!

Stretching, or as I chose, Yoga, is very beneficial and I am glad to see that this was added this year. I even got my kids to do it with me.

Very good!

I have made improvements to daily exercise and stretching, but would love to continue to make improvements.

I tend to forget to stretch but this helped!

I liked the strap, when it was mailed directly to us it was easier to complete the challenge because I didn't have to go out and buy my own!

Awesome!

I always thought that I stretched more than I actually do. This program helped me realize that I actually need to stretch every single day. I feel so much better when I do!

The band helped my hip and thigh so very much!

I love how the strap helped to get a deeper stretch. We even stretched as a group a couple times in our conference room.

Stretching before going on my daily walk helped me go a little further each day.

Got my family into exercising and joined Blue Moon Fitness.

I continue to keep my weight down and discovered new items to eat. I'm sleeping better and feel better.

Doing 20 days out of a month of 28 days was harder to accomplish, but I did it.

Before beginning this challenge I knew there was a program that would be beneficial for me. This was it! It was clear and easy to follow.

Loved the band and directions card! Thank you - it motivated me to fit a stretch in throughout the day.

I love the challenge program and recipes. It helps me in healthy eating. Keep it up!

I liked the stretching, it felt good, then I felt like working out.

I have a lot of stretch bands, but this one is REALLY good! I love all the little areas in it to put your feet, etc. Thank you!

These different wellness activities keep us going on.

This has helped me to be more consistent with adding stretching to my exercise routines and also I stretch at various times throughout the day.

Loved that this program got me motivated to stretch! I feel so much better and a lot more flexible.

Love the recipes and links to stretching exercises.

I love these challenges. Thanks for putting them on!

I really enjoyed using the straps and doing the different exercises he showed.

I believe stretching is very important to good physical health.

As a PE teacher and former dancer, I was already doing the stretching with every class. However, I also began stretching on my own while also continuing my workout plan every week. I noticed myself gaining my flexibility back as well as slimming down in the "hard to reach" areas!

I always like your programs. I think they are worth doing!

Love the stretching!

The e-mails are a reminder to me to stay active.

I really like the stretching strap. I have had shoulder and back surgery and it is very helpful in keeping both loose.

Loved the strap!! A quality product. Thank you.

Keeps me motivated!

I always like your programs. I think they are worth doing!

I was consistent in partner stretching and working out 6 days a week. I used my band frequently, when a partner was not available, and found it to be very helpful!

The sample cards on how to stretch correctly were a great help! And the stretch strap is a really good one.

Good program, our trainer tells our students if there is one thing you can do to make yourself a better athlete it is to stretch.

Great program, stretched most days ahead of the program so this was nice.

Great program!

Really made me think to take short stretch breaks during the day.

Having the stretching exercise and strap helped me stretch daily. It was a good reminder.

Great Program! I'm a runner and coach. Exercise is definitely one of the key ingredients to living a healthy well balanced life!

This is such an important component of overall health. Excellent job presenting in an online format.

The program is helping me watch what I eat and to exercise more.

Loosened up my back.

I feel better before and after exercising when doing the stretches.

Love the challenges and rewards!

Helped get rid of my soreness.

I did a 21-day challenge that really helped me stay on task during this program!

Stretching is one of the most relaxing and easy to follow exercise regimes for me. I'm not much for outdoor activities because I have asthma. I find stretching to be like meditation time.

Feel better after stretching.

I find I exercise more when I am involved in a challenge. It is easier to let it slide when I know I do not have to report it. The challenges work!!

My flexibility has increased.

Keeps me on my toes and think about actions, not just thoughts.

When I exercise I feel so much better. Have more energy. Sleep better.

I enjoyed learning new stretches.

I joined Weight Watchers this past month. The EHA Program, in conjunction with Weight Watchers is moving me in the right direction!!!

I had already begun a program of daily stretching exercises, but having access to guidance and a strap to facilitate my stretching, made things so much easier.

I do not do the program to lose weight, but to maintain a healthy weight and strong body.

As we get older stretching become more important. This portion of the wellness program was a great way to get back in the habit of stretching on a daily basis.

This helps me to remember what to do and when.

Helps me to remember what to do.

Love all the programs you provide.

Was able to move more freely.

Thank you for the recipes and the exercises that I could easily print and follow.

I had started PT before this program started, but doing my at-home stretches wasn't the easiest. Having the stretch band has really helped! Now it is so much easier to do my stretches, and others, too! I have downloaded all of the ones you sent through this program, so I can now add more into my daily routine, because my PT has just ended. I am so glad I have the band! It has made a world of difference!!

I received a FitBit for Christmas and I have been stretching, walking, exercising, and counting calories since the first of the year. I have lost 30 lbs since January 1, 2017.

I usually am pretty good at loosing or maintaining weight... right now I am pregnant though so I have not had any weight loss this school year on your programs. :)

This motivated me to do something I should have been doing all along.

Loved the stretch strap.

I am noticing more mobility because of stretching exercises. It is the first thing I do before even getting out of bed. It just starts my day off right.

These challenges have helped me to focus more on my overall health and the results are amazing!!!!

Love the program!

I lost 8lbs. Wow!

Doing these challenges is always a good way to keep health in focus.

After doing my stretches for a while my husband decided to try it. He has had 3 back surgeries and is feeling much better.

I used to stretch once in a while but not always until now, and can see feel improvement.

This is a great motivator for me !

I have some health issues which currently keep me from losing weight, but this did help me start to get in to routine of exercise & eating right. Made me think about it every day.

Simple stretching helped me feel better each morning. I could tell a difference in the way my back felt as the program progressed.

I stretch sometimes before I work out, but I never realized how great just stretching EVERY DAY could be!!!! I felt so good that I began stretching when I woke up, in my office and before I went to bed. It relieved so much tension for me! Nothing like a good stretch and hot cup of tea!!

I feel better now than I did before because now I stretch every day before going to work.

Great motivator for me!

I really liked the stretching program, that is something I tend to forget when I work out. I tend to have very tight hip flexors and consciously trying to stretch them during the day helped alleviate some of the tightness.

Loved the stretching. Sometimes that's easier to fit in than aerobics!

Thanks! I have hurt my ankle, so I'm in a little slow down now, but I plan to continue with the program next week. Great!!!

Happy with my results, and I want this to become a lifestyle so I will be continuing my journey.

Thanks!!

Good program!

I love these programs that hold me accountable and I love the little incentives.

Thank you!

Great program. I focused more on stretching. Typically, I warm up before exercise and stretch afterwards. The belt gave me a visual reminder to stretch throughout the day.

I combined this program with beginning the P90x3 program-- which is 30 minute increments. I have lost over 10 pounds this past month due to the increased activity and watching what I eat. :)

Really like the stretch band. I lost 4 lbs. during the month!

I love the concept of stretching. As a person who exercises daily, the reminders and exercises to stretch were wonderful.

I really like the stretch strap.

Thank you for the reminder emails. I now take time to stretch before exercising.

Felt so much better when i took time to stretch.

I don't tire as fast using my upper body.

Before the challenge, I have always struggled with my flexibility. When I had a tracking system, I am finally making some strides to improving!

The stretching band was a great idea and just what I needed. Muscle stiffness was hindering my workouts. The stretches really helped my joints.

Thanks for sending information on how to use the strap, and other good stretching exercises. Now to just use them every day.... :-)

Feel better and have less headaches!

Absolutely love the band that was sent home for stretching. In physical therapy I have used one for the same reason and it is wonderful to have one of my own now.

Have lower back pain and sciatica, the stretching helps control the pain of the sciatica!

The stretches affirmed I am aging but not broken completely. I am very grateful to be able to move about without the stiffness.

Makes me aware of working out.

Feeling as though I am my clothes(slacks) fit better.

I enjoyed this program. I thought it was attainable if I remained committed to the given tasks so it allowed me to feel successful and continue through the program.

I appreciate the pictures demonstrating each stretching exercise and the stretch cord helped improve my flexibility!

Emails helpful reminders to get up and move and stay healthy

Loved this one, it is my favorite!

Feeling better overall.

The illustrations of each stretching exercise is a valuable tool.

Great activity for well-being. Easy to do in a short amount of time. Feel great!

Love the detailed suggestions for the stretches and the great recipes!

The key to exercising is the stretching first. Great program.

Thanks for the Stretch Strap!

Stretching is boring for me. This gave me some new ways to stretch and try.

This was one of my favorite EHA programs to date! The strap is great, and I use it almost every time I exercise!

I'm so happy to enjoying this program. Thank you so much for helping me to get my good motivation.

The wellness program is great. I enjoy the emails with healthy new recipes.

Excellent program. Thanks!

Thank you!

Very helpful and excellent program.

The stretches helped my hips and back are not as sore any more.

Felt better after doing my workout.

The emails got me motivated.

It was easy to stick to this one. I didn't get the strap but had something similar at home already.

I loved the stretches! I really liked the band that was sent. I love stretching and was pleased that the band helped me stretch farther in some stretches than I could without it.

Good program. Love the stretch strap.

The stretch strap really helps with stretching before my other exercises!
Thank you so much!

This program did a good job in keeping one encouraged

The EHA wellness program makes a positive impact.

I love EHA Wellness!

Good!

THANK YOU.

I like the stretch strap. I think it has helped my leg cramps.

Good program.

It is awesome!

It made me think.

Appreciated getting me back into stretching.

I have been in the program for a long time now and love it. I will continue to be part of it for as long as I can.

I need to be better with my time management so I can do more of this.

Loved it, even my daughter is using it.

I loved all the different stretch exercises you provided in the month of February. All fun and easy to do and beneficial. Thanks bunches for the stretch strap to get me going on the path to a healthier body.

I feel more flexible!

I truly enjoyed the stretch tips. They were very helpful.

I have found that stretching in the morning goes well with my meditation. As I stretch I think good thoughts and getting the benefit of stretching as well. Great challenge!

I used the tool and stretched a lot more.

The stretching band is excellent. Easy to use and makes it much more intentional when stretching!!

Has encourage me to stretch more as that is one thing that I haven't done, until this program.

I have always exercised, but am beginning to feel my age. The stretching made me feel better and exercise more.

Much more consistent regarding stretching.

I found out in December I have two degenerative disks in my lower back so I have to do stretches every morning just to get myself limber and ready for the day. Because of this challenge I made sure I stretched out every morning I was able to. Thanks for the straps and the motivation! I think I've got my daughter talked into doing the Boston Marathon challenge with me!

Positive things happen to positive people.

I loved these exercises but I was doing home visits and didn't keep up with them as I have a yoga regime I do daily.

I am experiencing medical issues so the straps will come in handy when I am ready to return to a fitness program.

It was fun and I liked the stretching. I need to focus on doing it daily.

I was able to do stretches and mild strengthening, in spite of respiratory illness. A positive above my usual walks.

I loved the stretch strap. I even got my family to stretch with me at least 3 times a week.

I really appreciated the emphasis of stretching. As adults we often don't feel there's time to stretch during the day - even after a workout. But I feel way less sore during the day after stretching the night before, and I'm going to continue to take about five minutes each night to stretch.

This helped me with my current neck problems!

Good idea with the strap! Thank you!

I loved the recipes in this challenge. They were easy to make and used stuff I had on hand!

Really liked the wellness program as I like all of the programs. This is a great tool for all of us and helps stay aware of our health and motivation. As several of sit a lot during the day it is great to stretch and move. Didn't lose a great deal of weight but certainly feel much better.

Like to stretch!

The exercises are great and I would love to reference them in the future. Thank you!

Thank you.

Just continue to provide this program. It is very helpful. I hope more people will take advantage of it.

I just appreciate the opportunity to be part of a program that has helped me improve my quality of life. Thank you for this program.

Keep the challenges coming.

I enjoyed the examples you showed us as I didn't know that you could do all of that with the strap. I learned so much to use and work different positions.

I need to take more time for myself and I will because this is such a great program and I am only hurting myself by not doing it all the way I should.

I think this is a good program. Although we did not have as much participation as Defy Gravity, we did have more participation than we have had for Exercise for Energy. So it's nice to have a shorter term program to get participants motivated.

Thanks so much for doing these programs! I enjoy working to be more healthy, and working on just one thing at a time makes it easier to succeed. (I'm still flossing daily, by the way!) :)

I liked this one very much. Thanks for doing this!

Love the hydration challenge!!

Already awesome!

More gift certificates for prizes.

More work out only programs!

Keep the challenges coming!

T-shirts are awesome - always a conversation piece when I wear them - I want more!!! LOL Could you do one in "NE Red"!!!!

Everything was great!

Keep up good work!

My wife participated in a challenge a few years ago and got a bowl we use to take salads to work all the time. It would be great if that came back for all of the new people that are with the EHA. I love using it!

Perfect!

Just keep up the great job you are doing.

Thought this was great!

Some more advanced stretching techniques would be nice for those who stretch on a regular basis.

I can always use more motivators (quotes, pictures, etc.)

Everything was great! Thank you so much!!

You are doing a good job.

Keep doing what they are doing!

Don't change a thing!

Keep it up.

More prizes!

I put the card you mailed by my daily reminder to stretch or exercise. The grid format allowed for easy analysis. For example, just by looking I could see that Sun., Mon., Tues., and Sat. were my best fitness days.

I appreciated the directions for the stretches.

Thank you!

I liked this over some of the past challenges.

Thanks!

Keep it going!

Keep up the good workout and recipes!

Great challenge. Love the chair options and options with and without the band!

Mindfulness, calming strategies, centering breathing, etc.

Keep up the good work!

Great recipes!

Awesome!

I'd like if stretching and strengthening program will be repeated some day with the different stretching activities. Thanks!

Just keep this program going.

A fantastic program!

I always enjoy each new challenge.

Next time I will sign up with a friend, so I have someone right in front of me to keep me on track, and make me set myself as a priority in my life.

Thanks for all you do!

Keep sending the emails all the information in them is very important and easy to follow.

Great program!

Just keep it up!

Really liked the "Stretching Facts". It helps me to know the "Why" of doing something.

A very good program!

The guidelines regarding of how to use the band were so helpful for me.

I'd love to see more advanced stretches or stretches for muscles that are largely ignored. I may have missed some, so they very possibly could have been included, but hip stretches and methods of stretching/working stress out of the bottoms of your feet. Using a simple thing like a tennis ball actually changed my life! Basic is good, but in a month I feel like we could dig a little deeper with content. Loved the stretching though!

Was very well done great idea!
Thank you for your hard work.

I practice yoga every single morning for the past six years, so this didn't really add to my health improvement. I'm just glad this program is trying to

get more educators to embrace better health. It's depressing to work with so many unhealthy adults.

Loved it!

I'm continuing the stretching as I liked the feeling of being to stretch tension and fatigue away.

Great job!

Just love your program!

Continue to spell out the health benefits of each program. It's a great motivator! Thanks for all your positive pleasing ways.

Love the recipes

Thank you.

Keep up the good work.