

# Season's Eatings



## It's tough to eat right and stay healthy during the holidays!

The holiday season is filled with parties, leftovers, alcohol, stress, finger foods, gravy, cake, and energy-dense appetizers – making it a tough time of the year for waistlines. Research shows that holiday weight tends to stay on permanently.

You can help employees maintain their weight with this simple and effective program, which consists of two key components. First, employees are asked to log their weight twice a week. This keeps participants mindful of their weight and eating habits, so they don't overdo it. Second, participants receive weekly emails packed with tips and strategies to get through this time of year without losing healthy habits.

### Topics Covered

- Healthy Thanksgiving eating tips
- Strategies for surviving holiday party foods and drinks
- Ways to avoid holiday stress
- Goal setting for the New Year



### Customize the Program

The program is flexible and can be customized as desired:

- Make the program anywhere from 4-8 weeks – start and stop anytime between Halloween and New Years
- If desired, you can set it up as a challenge, complete with leaderboard showing who has tracked their weight (actual weight not displayed for privacy purposes)
- For companies with lunch and learns or healthy meal get togethers during this season, use beBetter's Program Builder to load your own content!

**"It's important for employees to know that enjoying the holidays doesn't need to come at the expense of their health."** – Ralph Gaines, CEO beBetter Health.



### About beBetter Health

We've been helping companies deliver successful wellness programs for over 25 years, and we know what works. Our approach is simple: remove as much of the guesswork, manual tracking, and unnecessary effort as possible. Make sure every facet of the program is connected, from assessment to programming to evaluation. Help you make the most of the system with easy user guides, simple interfaces, experienced Account Managers.

The beBetter® System helps employees take action toward protecting and improving their health, and provides employers with strategies to reduce health care costs and boost employee productivity.

For brokers, we provide everything you need to implement an effective, comprehensive population health management solution. Give us a call and let us walk you through how the beBetter® System makes you more competitive.



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# season's Eatings™

Built-in programs to **engage**.  
To change **behavior**.

**Like beBetter's other programs and challenges, the Season's Eatings program is integrated within the beBetter System. This means minimal setup, automated registration, and no administration hassles!**

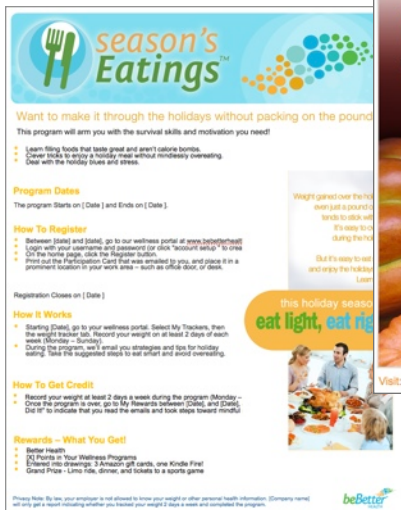
## What You Get

- Easy setup
- Program Manager's Guide
- Posters
- Flyers
- Participation Certificate
- Participation and incentive reports
- Account Manager's support

## Program Features

- Online registration
- Online weight tracker
- Online challenge leaderboard (optional)
- System-delivered weekly emails

## Flyers!



## Posters!

Challenge Results		Physical values are shown in Miles						Week 1 of 10	
Rank	Photo	Name	1	2	3	4	5	Total	Avg
1		First Name Last Name	9.0	9.0	2.0			20.0	6.7
2		Greg Austin	9.0	9.0	2.0			20.0	6.7
3		Jenna Tatum	4.0	12.0	0.0			16.0	5.3
3		Johnny Beard	8.0	7.0	0.0			15.0	5.0
5		Sarah Johnson	6.0	8.0	0.0			14.0	4.7
6		Kyle Farber	5.0	7.0	0.0			12.0	4.0
7		Beth Calusi	3.0	8.0	0.0			11.0	3.7
8		Stoshan Sung	5.0	6.0	0.0			11.0	3.7
9		Jane Smith	6.0	4.0	0.0			10.0	3.3
10		Matt Brian	5.0	4.0	0.0			9.0	3.0

## POST YOUR THOUGHTS

ENTER WEIGHT

Type in this box

[VIEW THOUGHTS ►](#)[VIEW/EDIT HISTORY](#)

*Easy to use  
weight tracker*



this holiday season...

**maintain, don't gain.**



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eatBetter moveBetter breatheBetter