

NEWS RELEASE

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For immediate release

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Winners Announced for Council-Sponsored Winter Wellness Challenge - It All Adds Up

Adding just a few simple habits to your routine and practicing them daily, can greatly impact well-being. The Panhandle Worksite Wellness Council provides opportunities to member companies and their employees to start or support those positive habits and challenges employees to add new habits as well.

Twenty businesses encompassing 333 employees from around the area committed to reinforcing these positive habits in the winter wellness challenge, It All Adds Up. Teams earned points when members engaged in healthy activities like getting 15 minutes of exercise daily, practicing 15 minutes of a calming activity, and getting six to eight hours of sleep daily AND going to sleep within 30 minutes of their typical bedtime.

Businesses that averaged 6000 points or more as a team were placed into a drawing for larger prizes. We are excited to announce the following winners:

- **1st Place Winner - Expedient Claims Services in Alliance** - \$1000 towards employee wellness program
- **2nd Place Winner – Bayard Public Schools** - \$500 towards employee wellness program

"The challenge helps support positive health habits during the holidays and businesses enjoy the friendly competition among one another," said Jessica Davies, Assistant Health Director. "It's inspiring to hear stories of health habits reinforced during the challenge that stick with them after like getting at least 15 minutes of activity each day and improved sleep habits with a regular bedtime," she added.

The winter wellness challenge is just one of the many benefits of membership to the Panhandle Worksite Wellness Council. The next challenge will be held in the spring of 2018 focusing on being active. Contact Jessica Davies at 308-487-3600 extension 101 or visit pphd.org/pwwc.html for additional information about worksite wellness.

The Panhandle Worksite Wellness Council is proudly part of Panhandle Public Health District and specializes in supporting employers in the Panhandle region. We recognize that many employers support a diverse and remote workforce and offer innovative ways to overcome the challenge of working with a virtual team. We understand that many of our employers do not have full-time wellness resources and work to provide resources and training to make running a worksite wellness program as easy as possible.

Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle community.