

**MAINTAIN
DON'T
GAIN
CHALLENGE**

UCI CHALLENGE SUMMARY

Thank you for being **one of the 505 participants** to take the 2015-16 8-week UCI Maintain Don't Gain Challenge! We had a **32% increase** in participation from last year, and **over half** completed the challenge survey.

Congratulations to Pamela Wondrash from Radiology and John Douglas from Accounting for being our grand prize winners!

Your Results

- 98% of your coworkers were successful in maintaining their weight within 3 lbs
- 42% of your coworkers actually lost weight during the challenge
 - Total pounds lost: 401 lbs
 - Average weight lost: 3.28 lbs/person
 - Individual weight loss ranged from 1 to 25 pounds!

Your Testimonials

- "I love this program. It has actually helped me kick-start my weight loss goal before the beginning of each new year. I have struggled with my weight my entire adult life. Rather than starting to try to lose as a new year's resolution, I start before the holidays and stay on track instead of gaining from Thanksgiving through Christmas. Thank you!"
- "Getting the weekly emails was really helpful for keeping me on track and mindful of watching what I'm eating and keeping up with my exercise plan."
- "It is a great program. The emails provided great tools and resources for managing weight during the holiday period when there are many opportunities and temptations to over indulge in eating and not focus on exercise and overall health. Receiving the emails and recording my weight weekly kept me mindful of my diet and exercise."



Challenge Completion Prize Information

If you completed the EEE Survey by **January 24** you will be receiving your prize by mail to the UCI address you provided in the next few weeks.