

STAYWELL

www.intermountainpower.com

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Wellness Programs

No Holiday Weight Gain

This is the last week to weigh in for the No Holiday Weight Gain Program. All program participants, including spouses, must report post-holiday weight by January 9, 2012. If the employee and spouse are registered and successful, both individuals must report in before movie tickets can be obtained. Shift workers can wait until their next day shift to report, but weigh-in must still be completed by January 9.

No Holiday Weight Gain Repentance Program



Eat a little too much this Holiday Season? Not successful in the No Holiday Weight Gain Program? Never fear, repentance is here. If participants lose the weight that was gained by January 30, 2012, they can still receive one movie ticket.

Lifestyle Improvement Program

Last year a program was implemented for individuals who need to improve their health and/or risk scores such as blood pressure, cholesterol, blood glucose levels, fitness levels, and weight loss. The program was specialized and included personal coaching, training, and dietary guidelines. Due to the

success of this program, it will be offered again for the upcoming year. There are a limited number of slots available. If you are interested in participating, and to determine eligibility, contact Brian Coles.

Beat the Blues "De-Stress" Program

This program will end January 20, 2012. When the program has been completed, turn in the participation form to claim your gift card.

No Holiday Weight Gain Bonus Exercise Program

As soon as the required 600 minutes of exercise are met, the form may be turned in to receive the incentive. T-shirts in a variety of colors and sizes are available, as well as gift cards.

Pay It Forward New Year's Program

Join the Pay It Forward New Year's Program and pay yourself a healthier future! This program can help maintain or increase current fitness levels, lose 10-20 pounds, improve body composition, and much more. The program is simple—set a realistic health goal and work toward it until March 29, 2012, to receive a gift card. If the goal is maintained until May 16, 2012, an additional incentive will be awarded. Details will be located outside



Brian's office door or online at www.intermountainpower.com.

Annual Wellness Program Incentive

In an effort to carry over the lifestyle choices and improvement programs throughout the year, incentives are being offered for continued participation.

A monthly drawing will be held for those participating in on-site fitness activities. Those who use the exercise room, IPSC exercise equipment, or walk/jog on breaks or lunch will be entered to win a heart rate monitor or another prize of equal value. In order to receive credit, the participant's name must be recorded on the Exercise Center log. Full name must be legible on the sign in sheet at least once during the month to be entered in the drawing.



To encourage continual participation and health benefits, an annual drawing will be held for those who participate in the Wellness Program year round. If an employee participates in 70 percent of the Wellness activities offered throughout the year, they will be automatically entered in the drawing.

The grand prize will be a \$400 gift certificate or a prize of equal value. One winner will be drawn from each department. There will be a separate drawing for spouses.

Sleep and Eating

Believe it or not, getting fewer hours of sleep increases the desire to eat. As we

constantly hear about the ever-increasing size of the American waistline, we also see a decrease in the average number of hours Americans sleep. In a recent study presented at the American Heart Association conference, it was shown that those who received fewer hours of sleep ate more calories, which included higher fat and higher protein foods. In the study, individuals who traditionally ate healthy foods and slept 8-9 hours a night would eat more food, particularly food with few health benefits, when their sleep was limited.

Several theories were suggested as to why this occurred. One theory is that the individual was looking for foods to give a pick-me-up because of lower energy levels. Another possibility was that sleep deprivation impairs the ability to make better food selections.

Staywell Newsletter

Due to the recent change of going paperless for payroll, this will be the final Staywell paycheck stuffer.

The Staywell Letter and wellness information will continue to be sent via email to supervisors, posted online at www.intermountainpower.com, on bulletin boards, and information TV screens throughout the plant. Information about specific programs will always be available outside Brian's office door.

