

## SWL WEB SITE STORY SHARING

**DISTRICT:** Palmyra-Eagle      **#BLDS** 3      **#EMPLOYEES** 160  
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**PROGRAM TOPIC:** Weight Watchers at Work

**CHOICE OF PROGRAM (how and why was this chosen):**

Staff interest.

**PROGRAM DESCRIPTION:**

We offered a Weight Watchers site at school right after teachers' contracted hours. We had almost \$800 of grant money. Teachers paid their own tuition. Each person who participated got a pedometer from grant money. Anyone finishing the 10-week program also received a cash incentive from grant money.

**COST OF PROGRAM:**

\$755

**SUCCESS OF PROGRAM:**

Twenty-three people participated and 21 finished. It was very successful, and the staff lost over 600 pounds. Whether we provide incentives or not, the staff wants it offered at the school again next year. One school continued the program on its own for the rest of the year.

**LESSONS LEARNED:**

Better nutrition choices and the need for group support to lose weight.