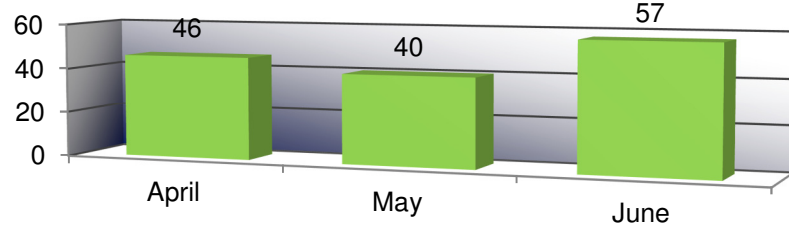
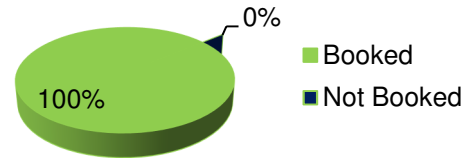


EWSNetwork Data Summary Report

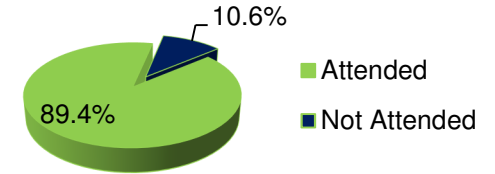
Consultations per Month



Booking Rates



Attendance Rates



Wellness Coaching Data Collection Summary Chart
(58 participants)

Initiatives			
6th	Wellness Wednesdays	all staff	E-mail campaign. Recipes were circulated to all employees.
7th and 8th	Extreme Lifestyle Makeover - 8 week Series	Victoria: 7-17 each week Elora: 5 each week	Program over the course of 8 weeks. Sessions were conducted at both Victoria and Elora.
9-20th	Walking Works Challenge	200 ballots, 1,000,000 steps	Encourage staff to get in as many steps as possible per day.
11th	After Hours Staff Meeting	4	To include the afterhours team into the Extreme Lifestyle Makeover
16th	WCM		
24th	Walking Challenge Draws for Prizes	4	Delhi [Anne-Marie Simpson]; Victoria [Dianne Tran]; Shelldale [Karen Hutchinson]; Elora [Kim lezzi]
3rd	All staff meeting	all staff	Smoothies and wellness recap. Poker challenge launch
15th	Staff BBQ	all staff	Healthy food offerings at BBQ to support Wellness Program.
13th-27th	Healthy Lifestyle Poker	80	Delhi - 5 teams, Vict - 2 teams, Shell - 2 teams, Elora - 1 team.
28th	Healthy Lifestyle Poker winners	Team from Shelldale	Karen Thompson's team won a catered lunch.

Category	Participants	Total Change	Total Avg Change	Average % Change
Weight (lbs)	26	77.6	2.98	1.6%
Exercise (x/wk)	29	37.5	1.79	119.5%
Fruits & Veggies (/wk)	28	40	1.96	96.3%
Chest (inches)	19	29.5	1.28	3.2%
Waist (inches)	19	29.5	1.28	3.6%
Hips (inches)	23	21.25	0.92	2.2%
Abs (inches)	22	49.75	2.26	15.7%
Total Inches		285.1		
Sleeping (hours)	10	-2.5	-0.25	-3.20%
Stress (1-10 score)	13	20	1.54	41.5%
Smoking	3 out of 7 stopped smoking or 43%			