



HOLIDAYweighINSM





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Introduction

*It's hard to maintain weight—let alone lose weight—during the holidays. That's why our Holiday Weigh-In program is a great way to motivate employees to stay healthy through the holidays and beyond. This program is designed to be easily implemented so you can focus on what's important—you and your employees' health!

PROGRAM DESCRIPTION

Our Holiday Weigh-In program combines three elements to help you and your employees succeed in improving health and well-being.

EDUCATION

This program focuses on teaching the importance of making healthy lifestyle choices during the holiday season.

TEAM WORK

By forming teams, employees learn to work together to maintain weight throughout the

holidays. Team support not only encourages team members to make health-related behavioral changes but provides the means to motivate each other and ultimately succeed during the program and hopefully beyond.

ENVIRONMENTAL SUPPORT

Environmental support means changing or adapting company-wide policies and procedures that recognize and endorse healthy choices as a win-win for employees and employers. Examples of environmental support are offering healthy choices in the cafeteria or giving health swag as gifts to employees.

Each workplace is different, so this program provides educational and team-building materials as well as ways to make environmental changes. Consider budget, managerial support, human resources, and the needs of your employees when determining your program.

*The average holiday weight gain in adults between mid-November and mid-January is about 1 pound (0.5kg). Unfortunately, most people

don't lose that extra weight after the holidays are over. Though this may not seem like a lot of weight, those who are already overweight and obese may be prone to gain more weight than those who are at a healthy weight status, says Dale Schoeller from University of Wisconsin, Nutritional Sciences. In addition, this holiday weight gain was a major contributor to annual surplus in weight gain. These findings suggest that developing ways to avoid holiday weight gain may be extremely important for preventing obesity and the diseases associated with it.

Reference: ScienceDirect.com. "The Effect of Holiday Weight Gain on Body Weight." Physiology & Behavior 134, 2014. Web. 3/2019. <<https://www.sciencedirect.com/science/article/abs/pii/S0031938414001528>>.

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A woman with long, wavy brown hair is smiling and looking over her shoulder. She is wearing a red long-sleeved dress with a white belt tied in a bow at the waist. She is also wearing red oven mitts and holding a blue baking tray with several round cookies. The background is softly blurred, showing warm indoor lighting and green Christmas lights.

Getting Started

Getting Started

STEP 1 » REVIEW PROGRAM MATERIALS

Read through the materials provided and decide how to implement the campaign. Materials include:

- > Educational handouts
- > Company newsletter
- > Recipes
- > Weigh in/out forms
- > Emails and texts
- > Kickoff materials

STEP 2 » SET A BUDGET

You can run a successful program on any budget. Keep these in mind as you develop your budget:

- > Advertising/promotion
- > Activities
- > Prizes or incentives
- > Printing handouts and recipes

STEP 3 » PLAN THE PROGRAM

The planning process is the time to determine your goals for the program. Ask:

- > What level of total weight loss and employee participation are you working to achieve?
- > What's your budget?
- > What organizational resources will you need?

STEP 4 » CREATE A TIMELINE

The timeline is the basis of your planning strategy and the key to program implementation. This process will help you clarify when steps need to be taken to achieve desired results. Think about the questions below to create your timeline.

- > Will the campaign start before Halloween or Thanksgiving? Will it end after Christmas or New Year's?
- > How long should the campaign run?
- > When are the enrollment forms due? When is the weigh out?

- > When will you start promoting the campaign?
- > Will you distribute handouts and other materials weekly or biweekly?
- > When will prizes be distributed?
- > What environmental changes will you establish (e.g., healthy choices in the cafeteria, healthy holiday gifts)? Be sure to add these to your timeline.

STEP 5 » DETERMINE INCENTIVES

When choosing incentives, consider your budget and the number of employees participating. Incentives don't have to be expensive or given to every participant. Decide how the winners will be determined (e.g., the team that loses the most.)

STEP 6 » DESIGN YOUR PROMOTIONAL PLAN

Get the word out! It might not seem like a big deal, but you really must promote your program if you want successful participation. Plan to start promotion two to three weeks prior to kick-off day. Promotional materials may include:

- > Email
- > Social media
- > Posters/flyers
- > Company newsletter messages
- > Bulletin boards

STEP 7 » PREPARE PROGRAM MATERIALS

- > Customize the materials with dates, times, and locations.
- > Email or print out trackers, weigh in/out forms, and educational handouts or recipes.
- > Provide a scale. Advertise the location of the scale(s) on your flyers and weigh in/out forms.
- > Create a way to track team weights.

Sample Timelines

NOVEMBER 3—7

Information in company newsletter

NOVEMBER 17—21

Send emails

Provide scales and a private place to weigh in

NOVEMBER 21

Enrollment forms due

NOVEMBER 24—28

Low-fat holiday recipes

DECEMBER 1—5

Handout - "Tips for Managing Holiday Stress"

DECEMBER 8—12

Low-fat holiday recipes

DECEMBER 15—19

Handout - "Healthy Holiday Eating"

DECEMBER 22—26

No handout Christmas week

DECEMBER 29—JANUARY 2

Handout - "Time for New Year's Resolution"

Handout - Goal Setting

JANUARY 5—9

Provide scales and a private place to weigh out

Weigh out forms are due

Distribution and collection of evaluations

JANUARY 26

Distribute the following

to employees:

- > List of prize winners
- > Number of participants - individuals and teams
- > Total company weight loss
- > Evaluation of results, including "success stories" and comments

JANUARY 26—30

Prize distribution



STEP 8 » IMPLEMENT PROGRAM

Begin the program with fun activities. This can be as simple or as involved as time allows. Ideas include:

- > A class on healthy cooking during the holidays or managing holiday stress
- > A table display or bulletin board on the benefits of maintaining weight during the holidays
- > A healthy holiday recipe contest
- > A policy regarding healthy foods at holiday office parties

STEP 9 » EVALUATE PROGRAM

Evaluating the campaign will help you determine the activities your employees participated in and how effective the campaign was at helping change behaviors. Here are some things to consider when evaluating the campaign:

- > Number of employees who received promotional materials
- > Number of participants
- > Number who completed the campaign
- > Satisfaction with the campaign

Program Checklist

Complete the checklist to evaluate your company's resources and capabilities. This will help you determine how resources may benefit or limit the scope of your Holiday Weigh-In program.

PROMOTIONAL DISPLAY RESOURCES

- ☐ Bulletin boards
- ☐ Company fitness center
- ☐ Walking paths (indoors or outdoors)
- ☐ Cafeteria/break rooms
- ☐ Stairs/elevators

PRINT OR EMAIL

- ☐ Flyers
- ☐ Handouts
- ☐ Weigh-in forms
- ☐ Weigh-out forms
- ☐ Evaluations

WAYS TO COMMUNICATE YOUR CAMPAIGN TO EMPLOYEES

- ☐ Employee newsletter
- ☐ Email or texts
- ☐ Flyers in common areas
- ☐ Company website
- ☐ Departmental/corporate meetings
- ☐ Cafeteria/break rooms
- ☐ Stairs/elevators

SCHEDULES

- ☐ Differing employee shifts
- ☐ Rotating schedules

PERSONNEL

- ☐ Who in your organization will be responsible for coordinating and implementing the campaign?
- ☐ Who will assist with facilitating the promotion of the campaign?
- ☐ Who are the key leaders to help promote the campaign?
- ☐ Who is the best person for tracking the team's results?
- ☐ Who is the best person to calculate the evaluation results?

CORPORATE CULTURE

- ☐ How healthy is your corporate culture?
- ☐ Do leaders support corporate health management programs?
- ☐ Do employees get along and have fun?



Program Guidelines



1. Employees can participate on their own or form teams of at least four but no more than six of their coworkers.
2. A team captain will need to be chosen for each team.
3. Teams weigh in during a predetermined week set by your company.
4. Rules for weighing in and out:
 - > Weigh in and out on the same scale
 - > Weigh in and out around the same time of day
 - > Weigh in and out in same clothing (if you weigh in wearing jeans, weigh out wearing jeans) and without shoes
5. The team captain records weights confidentially, and one combined team weight is entered for the whole team.
6. The team captain sends the weigh-in form to your facility coordinator to be entered in the spreadsheet by the predetermined start date.
7. Teams receive educational handouts, recipes, and other encouragement to help them maintain their weight during the holidays.
8. Teams weigh out during a predetermined week set by your company following the above rules for weighing in and out.
9. The team captain records weights confidentially, and one combined team weight is recorded and entered.
10. The team captain sends the weigh-out form to your facility coordinator to be entered in the spreadsheet by the predetermined end date.
11. Prizes are awarded (see "Incentive and Prize Distribution Ideas," page 7).
12. Program evaluations are sent out and results are shared.

Tracking Your Teams

Create a spreadsheet to track each team, members' email addresses, and their beginning (weigh in) and ending (weigh out) weights. An example is shown below.

After you collect the enrollment forms, you will enter the following information:

- > Total combined "weigh in" and "weigh out" for the team
- > Department/facility
- > Captain's name
- > Captain's email address
- > Additional team members' names and email addresses

Use this spreadsheet to track the team weights to determine who will receive prizes. The spreadsheet is also useful in evaluating the number of participants, number completing the campaign, and how much total weight your employees lost.

TOTAL TEAM WEIGH IN	TOTAL TEAM WEIGH OUT	LOSS/GAIN	DEPT./ FACILITY	CAPTAIN	CAPTAIN'S EMAIL
852	843	-9	HR	S. Smith	smith@abc.com
619	607	-12	Sales	J. Doe	jdoe@abc.com

Incentive and Prize Distribution Ideas

INCENTIVE IDEAS

- > Time off for holiday shopping
- > Gift cards
- > Healthy cookbooks
- > Gym membership
- > Exercise clothing or shoes
- > Exercise/recreation equipment
- > Stress balls
- > Paid lunch break
- > Movie tickets
- > 1-year Amazon Prime membership
- > 1-year Netflix subscription
- > 1-year Hulu subscription
- > Emergency car kit
- > 72-hour kit
- > First-aid kit
- > Gym bag
- > Recognition in staff meeting or company newsletter
- > Chromecast
- > Echo
- > Google Home

PRIZE DISTRIBUTION IDEAS

- > Prize drawing for all those who completed the campaign
- > Prize drawing for all those who maintained or lost weight
- > Prize drawing to all teams who maintained or lost weight
- > Prizes to all teams who maintained within a certain range (five pounds)
- > Prizes to all teams who completed the campaign
- > Prize to the top 3 teams that lost the most weight
- > Prize to the team that lost the most weight



Program Materials

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KICKOFF DAY

Date:

Time:

Place:

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Team Weight Form

NAME	EMAIL	FACILITY	PHONE NUMBER
1. (captain)			
2.			
3.			
4.			
5.			
6.			

Total Weight: _____ **lbs.**

(One combined weight for the whole team.)

Rules for weighing in and out

- > Create a team of at least four people but no more than six, or participate on your own
- > Weigh in and out on the same scale
- > Weigh in and out around the same time of day
- > Weigh in and out in the same type of clothing (if you weigh in wearing jeans, weigh out wearing jeans) and without shoes
- > Teams need to weigh in between _____ and weigh out between _____
- > Forms must be returned to _____ by _____

Sample Emails

EMAIL 1

DID YOU KNOW?

Most people gain a pound or two during the holiday season. This is one tradition you shouldn't keep—join the Holiday Weigh-In program and maintain or lose weight.

WHAT IS THE HOLIDAY WEIGH-IN PROGRAM?

This program is a great way to team up with your coworkers to maintain your weight during the holidays and get a chance to win a prize!

- > What are the rules for weighing in:
- > Use the same scale
- > Weigh yourself around the same time of day
- > Wear the same type of clothing
- > Weigh in without shoes



EMAIL 2

The holiday season is upon us and that means endless tempting treats and weight gain. Let's not let this happen this year! Join the Holiday Weigh In program and maintain your weight or lose a few pounds. Here's how you can participate:

- STEP 1** Create a team of four to six people.
- STEP 2** Nominate a team captain.
- STEP 3** Weigh-In and get the group's total weight by (insert start date).
- STEP 4** Have the team captain submit team weigh-in weight to program coordinator.
- STEP 5** Work together as a team to maintain your weight through the holidays.
- STEP 6** Weigh in by (insert end date).
- STEP 7** Have the team captain submit your team's weigh-out total to the program coordinator.

Earn prizes by maintaining or losing weight throughout the holidays!

Note: Scales will be in the bathrooms.

EMAIL 3

TIPS FOR HEALTHY HOLIDAY PARTIES

Eat something before you go. Curb your appetite by eating a small, healthy meal before going to a holiday party. By doing this, you won't arrive at the party famished and overfill your plate.

- > Bring a health food item to the party. Provide yourself and others with a better option like a vegetable or fruit platter and a low-fat dip.
- > One trip to the buffet table. Grab one plate and only put what you really want on it. Don't go back for seconds. Eat slowly and enjoy so you will feel satisfied.
- > Drink water. Avoid other drinks that are high in empty calories. Drinking water will help you save those calories and feel full.



EMAIL 4

TIPS FOR EATING ON THE RUN

The holidays are busy and often there isn't time to sit down and have a meal. Here are some tips to healthy eating on the run:

- > Plan ahead
- > Use the slow cooker
- > Pre-make your lunches
- > Have healthy snack ready to grab and go

Keep healthy staples on hand so you can quickly throw something together:

- > Whole wheat pasta
- > Brown rice
- > Potatoes
- > Packaged salad
- > Cut and washed fruit and vegetables

Eat regular meals so you can avoid being overly hungry and binge eating:

- > Make a menu
- > Don't skip meals

When eating out, make healthier choices:

- > Choose grilled instead of fried
- > No cream or high-fat sauces
- > Dressing on the side
- > Share a meal
- > Put half the portion in a doggie bag at the beginning of the meal
- > Order water instead of the carbonated or specialty drink

Burning Holiday Calories

AMOUNT OF CALORIES BURNED PER HOUR OF ACTIVITY*

BEING FESTIVE

Kissing under the mistletoe	71
Chatting on the phone with family and friends . . .	107
Christmas caroling	107
Wrapping presents	107
Decking the halls (and the Christmas tree)	178
Making yourself gorgeous and dressing up	178
Playing Christmas carols on the piano	178
Mingling and socializing	143
Christmas shopping	164
Dancing the night away	321

ENTERTAINING

Baking Christmas goodies	79
Clearing the table and washing the dishes	164
Cleaning house in preparation for guests	250
Grocery shopping for the feast	250

KEEPING SAFE AND WARM

Removing snow with a snow blower	321
Carrying and stacking wood	357
Chopping and splitting wood	428
Removing snow with a shovel	428

PLAYING

Sitting and playing cards	107
Making snow angels	214
Snowmobiling	250
Building a snowman	285
Having a snowball fight	321
Ice skating	500
Snowshoeing	571

*Based on a 150-pound male. Source: American College of Sports Medicine (ACSM)

CALORIES



HOLIDAYweighINSM GOAL SETTING

To make new daily routines, you need to **experiment** to find what works best for you.

*Pick something
you want to
do now.*

I want to try:

*Be honest with yourself
about what you are
really ready to work on.*

You'll learn what works for you by trying and creating your own formula.
Follow the steps below.

1 Make a Plan. Planning out the details will help you succeed.

Pick a small step

Pick a small step toward
your goal.

Connect this step to
a prompt or reminder.

Prepare

What resources could help?
(Time? Gear? A class?)

Who will support you?
(A friend? A family member?
A fitness professional?)

What changes to your
environment would help?
(Keep workout bag packed?)

Think ahead

What might get in the
way or make this harder?

What can you do when
that happens?

What will inspire you to
keep going and have fun?

2 Act and Track. Define a period for experimenting with the first step of your goal.

Start date: _____ How will you keep track of what you do? _____

Review date: _____ Who will you be accountable to? _____

3 Reflect and Adjust. You can learn from whatever happens. There's no failure if you keep learning. Adjust your plan and keep going.

How did it go, and what did you learn? _____

What will be your next small step? _____

Be sure to celebrate what you did and what you learned!

Keep trying and learning!

Staying Fit During the Holiday Season

It may seem impossible to squeeze in exercise with parties, shopping, and other holiday traditions. However, regardless of the challenges, it is important to maintain an exercise routine. Below are some suggestions on how to stay fit this holiday season.

- > Walking at the mall
- > Swimming indoors
- > Joining a health club
- > Creating a home gym
- > Yoga
- > YouTube workouts
- > Snowshoeing
- > Sledding
- > Ice skating
- > Skiing
- > Snowboarding
- > Shoveling snow

Continuing to exercise through the holidays can bring many benefits. Exercise can relieve stress, restore energy, lift your spirits, reduce depression and anxiety, and even help you get a good night's sleep. All these benefits are important, especially at this busy time of year. Don't be too hard on yourself if you miss a day. Just try again!

Tips for Managing Holiday Stress

SET PRIORITIES

People tend to overextend themselves during the holidays. You cannot do everything. Decide what activities you and your family would most enjoy and focus on those activities.

KEEP IT SIMPLE

Do things to make the holidays a little easier on yourself. Take advantage of ways to save time. Have guests bring part of the meal, get your gifts wrapped when you buy them, buy pre-made pie crusts and other ingredients, start your shopping a little earlier, and remember to keep it simple.

STAY WITHIN YOUR BUDGET

You can't enjoy the holidays if you are concerned about how you are going to pay the bills when it is over. Choose simple, thoughtful, and useful gifts. Try making gifts or giving gifts of service. Know your spending limit and stick to it.

VOLUNTEER

It is amazing what helping others can do to lift your spirits. Consider donating some of your time to a local organization of your choice. You can also donate gifts to needy families, collect canned goods, or visit a local children's hospital. You might find this the best stress reducer of all!

BE HEALTHFUL

During the hustle and bustle of the season, don't forget to take time to do something for yourself each day. Do not abandon healthy habits by eating and drinking more than usual just because it's the holiday season. Eat balanced meals, get plenty of sleep, and schedule time for exercise.

A woman with brown hair tied back, wearing a red long-sleeved shirt and a beige apron with yellow and blue stripes, is smiling and looking down at a recipe book. She is holding a large red bowl with a silver spoon inside. On the counter in front of her are several ingredients: a yellow egg carton with several brown eggs, a small white bag of flour, a small white bowl of red powder, and a small white bowl of green herbs. The background is a blurred kitchen with warm lighting.

Healthy Holiday Recipes

Healthy Holiday Cooking

USE THE FRESHEST INGREDIENTS

Fresh fruits and vegetables tend to have more flavor than frozen and canned varieties.

Cold-pressed extra virgin olive oil has twice as much flavor as a light or refined olive oil.

Fresh-grated dry cheeses like Parmesan and Asiago, and strong pungent cheeses like blues and Gorgonzola have more intense and richer flavors, meaning you can use less.

Compared to dried, fresh herbs have stronger, and sometimes, completely different, flavors.

NONSTICK AND STICK-RESISTANT COOKWARE

Lowering cooking temperatures combined with a non-aerosol or 99% residue-free cooking spray should prevent foods from sticking to most cookware, including stainless, cast iron, enamel, etc. If food starts to stick or dry out, lower the cooking temperature and add a little water to the ingredients in your pan.

NOTES ABOUT NONSTICK COOKWARE

Only use non-aerosol or 99% residue-free cooking sprays with nonstick cookware. The residue will ruin the surface over time. If you don't have the right type of cooking spray, use a small amount of oil spread over the pan's surface. Only use low to medium-high heats when cooking with nonstick cookware. Cooking on high heat will damage the surface of even the highest-quality nonstick cookware.

HEALTHY COOKING WITHOUT FAT

Reduce cooking temperatures to low and medium-high heats to sauté and fry. This allows foods to cook in their own moisture, eliminating the need to add fats to keep foods from burning or drying out.

Add high-quality fats as flavorings, (e.g., extra virgin olive oil, butter) etc. at the end of cooking time to enrich sauces, soups, broths, and more.

ELIMINATE UNNECESSARY INGREDIENTS

Don't add salt and/or oil to the water before cooking pastas, rice, and other grains.

Don't butter bread before filling sandwiches. Assemble before eating, so they don't become soggy.

REDUCE SODIUM AND ADD FLAVOR TO RECIPES:

- > Fresh herbs and spices
- > Fruit and vegetable juices, wines, and liquors
- > Low-sodium soup bases, stocks, or broths

INGREDIENT COMBINATIONS AND REDUCTIONS

Before replacing an ingredient in a recipe, consider reducing the amount or combining it with a healthier version. Combine part of the simple carbohydrates in recipes with complex carbohydrate versions of the same ingredient:

- > Reduce white flour by replacing 1/2 of the amount called for with whole wheat flour
- > Reduce the sugar in recipes by at least a 1/4 the amount called for
- > Reduce the amount of butter, shortening, etc., in baked goods by up to 1/2, except when fat is a main ingredient, e.g., pie crust.
- > Reduce the amount of regular cheese by replacing 1/2 or more with reduced-fat cheese

INGREDIENT REPLACEMENTS

These ingredients can replace all or part of the fat (e.g., butter, oil, etc.), in recipes for baked goods when one of the main ingredients isn't a fat. In this case, go with a single-crust pie or use a graham cracker crust.

- > Solid-pack pumpkin replaces fat in pumpkin and chocolate cakes, cookies, and bread. Pureed black beans work in brownies. Any pureed, high-fiber fruit or vegetable can be used as a fat replacement.

Replace all or part of these ingredients with healthier equivalents following:

- > **Whole and 2% Milk:** Use fat-free or 1% milk.
- > **Sour Cream:** Low-fat or fat-free sour cream or plain low-fat or fat-free yogurt can give you the same result with less fat, calories, and cholesterol.
- > **Cream:** Use evaporated skim milk, half-and-half, or fat-free half-and-half.
- > **Chocolate:** Replace 1-oz. chocolate with 3 tbsp. Dutch cocoa powder mixed with 1 to 2 tbsp. sugar.
- > **Full-Fat Cream Cheese:** Replace with 1/3 less fat cream cheese.
- > **Cheeses:** Replace regular cheese with reduced-fat or decrease the amount

Note: Reduced-fat cheese has less moisture and melts faster than regular, so you'll want to add it at the end of cooking time. This works for most dishes, —such as pizza, enchiladas, etc.—top them with low-fat cheese a few minutes before removing from the oven.

- > **Meats:** Replace fatty meats, fish, and poultry with leaner versions. Replace fatty ground meats with 93% lean or leaner ground beef, chicken, veal, buffalo, or turkey. The best meat choice is 97% lean with 3% fat. Cuts of meat with the word “loin” in their name are usually lower in fat than other cuts, e.g., beef or pork tenderloin.
- > **Whole Eggs:** Do not replace whole eggs in recipes for two whites unless the recipe specifically calls for egg whites rather than whole eggs. An example would be Angel Food Cake. Whole eggs do not increase your serum cholesterol as once thought. Eggs are a perfect food—low in fat and high in protein.
- > **Carbohydrates:** Replace processed grain products with whole grain, (e.g., replace white flour with whole wheat flour, semolina pastas with whole grain, white rice varieties with brown rice).



Find more healthy recipes and cooking tips on
selecthealth.org/wellness-resources/blog

Healthy Holiday Recipes

CHICKEN CORDON BLEU WITH HONEY DIJON CREAM SAUCE

Yield: 4 servings • Preparation Time: 45 minutes

INGREDIENTS

BREADING

- > 1 egg, beaten with 2 tbsp. water
- > 2 cups fat-free seasoned herb or garlic salad croutons
- > 2 tbsp. shredded Asiago or Parmesan cheese
- > 1 clove garlic, peeled
- > 1 tsp. dried or fresh thyme leaves
- > 1/2 tsp. granulated garlic powder
- > 1/2 teaspoon salt and fresh ground black pepper to taste

CHICKEN

- > non-aerosol olive oil or other cooking spray
- > four 4 to 5-oz. or two 8 to 10-oz., boneless skinless chicken breasts
- > 4 oz. reduced-fat Swiss cheese, divided into 4 slices (3 to 4 grams fat per 1-oz serving)
- > 4 oz. 96 to 98% fat-free, Black Forest ham, thinly sliced
- > 1/4 tsp. salt, divided into four portions if using natural or organic chicken breasts

HONEY DIJON CREAM SAUCE

- > 1/2 cup fat-free half-and-half
- > 1 tsp. low-sodium chicken soup base mixed with 1/2 cup water
- > 2 tbsp. unbleached flour
- > 1/4 cup honey Dijon mustard

PREPARATION

1. Breading: Combine croutons in a food processor with all ingredients for breading mixture and process until crumbs form. Set breading aside in a wide, shallow bowl. In a separate bowl, pour beaten egg and set aside.
2. Preheat oven to 350 F. Use the convection setting, if available (this is optional). Spray a rimmed baking sheet with cooking spray. Place an oven-safe rectangular cooling rack inside the baking sheet, spray the top of rack with cooking spray, and set aside.
3. Lay each breast, top-side up, between two sheets of plastic wrap. Using the flat side of a meat mallet, gently pound each piece into 1/4-inch thick rectangles. Larger breasts can be pounded out and cut in half.
4. Flip each breast over and remove top sheet of wrap. Lightly sprinkle breast with salt if using natural or organic chicken and top with ham and cheese slice(s). Starting at the end closest to you, firmly roll up

jellyroll style using the bottom sheet of plastic to wrap the breast. Twist ends of plastic wrap to close and set aside. Repeat process with remaining breasts.

5. Remove plastic wrap, dip breasts in egg and cover in breading. Place seam-side down on rack, spraying tops lightly with cooking spray. If using convection, bake 20 minutes, or until chicken is tender and breading has browned. If using regular oven setting, bake 25 to 30 minutes.
6. While chicken is baking, pour half-and-half and 1/2 cup water into a small saucepan. Add one tablespoon of flour at a time, whisking briskly into liquid until blended.
7. Whisking constantly, add soup base and bring mixture to a gentle boil over medium heat. Reduce heat to low and whisk in honey mustard until blended. Remove from heat or reduce heat to warm until ready to serve. If sauce seems too thick, whisk in a little half-and-half.
8. Remove chicken from oven and cut each breast into pinwheels or place whole on a plate. Top with 1/4 cup sauce and serve. If desired, sauce can be served in a small dish on the side.

Nutritional Facts: (1 breast with 1/4 cup plus 1 tbsp. sauce) 355 calories; 7g fat; 21g carbohydrate; 0g fiber; 44g protein; 140mg cholesterol; sodium 1000mg



Healthy Holiday Recipes

OLD-FASHIONED SAGE STUFFING

Yield: 16 cups. Recipe can be doubled.

INGREDIENTS

- > Non-aerosol cooking spray 1 1/2 lb. sourdough, French or wheat bread, or a combination made without added fats; or 1 package (16-oz.) fresh bakery unseasoned bread cubes (10 cups) Do not use prepackaged stuffing mixes.
- > 1 tsp. baking powder, 1 tbsp. crumbled dry sage, 1 tsp. poultry seasoning, 1/2 tsp. dry thyme or 1 tbsp. fresh thyme leaves,
- > 1 tsp. salt and fresh ground pepper to taste
- > 1 lb. (7% fat or leaner) turkey or chicken country breakfast or Italian style sausage (optional)
- > 1 cup yellow or white onion, chopped
- > 3 celery stocks including leaves, chopped
- > 2 to 3 firm sweet-tart apples, any variety, chopped
- > 2 cups mushrooms, sliced (optional)
- > 1/2 cup raisins (optional)
- > 2 eggs
- > 1/2 cup chicken or turkey low-sodium stock or broth. Note: If you need to make stock or broth use low-sodium soup base
- > 1 to 2 cloves fresh garlic, pressed or minced
- > 1/2 cup or more degreased turkey drippings, stock or broth to be added at end of cooking time

PREPARATION

1. Toast bread and cut into small cubes or rip bread into small pieces, place in food processor, and process until all bread is coarsely crumbled. Transfer bread to a large mixing bowl.
2. Beginning with baking powder, add all seasonings to bread, mixing together well.
3. Brown sausage on medium heat in a nonstick skillet, crumbling meat into smaller pieces as it cooks. Set aside. Beat eggs together with 1/2 cup stock or broth. Stir in fresh garlic and set aside.
4. Mix sausage through raisins with seasoned bread. Add egg mixture, 1/4 cup at a time, mixing all ingredients together well. Stuffing should be left a little dry—don't worry—the fruits and vegetables will add moisture to the stuffing as it bakes. Also, you want the stuffing a little dry, so you can add turkey drippings after it has cooked to give it that baked-in-the-bird taste.
5. Spray a large Dutch oven or covered casserole dish with cooking spray and bake at 325 F for 1 hour or until raw ingredients are cooked through. Remove from oven and mix 1/2 cup or more degreased turkey drippings, stock, or broth into stuffing until desired moisture is achieved.

Nutritional Facts: 1 cup at 155 calories; 3g fat; 22g carbohydrate; 2g fiber; 10g protein; 20mg cholesterol; 465mg sodium.

Nutritional Facts without sausage: 1 cup at 128 calories; 1g fat; 25g carbohydrate; 2g fiber; 5g protein; 0 cholesterol; 437mg sodium.

BERRY SAUCE

Yield: 4 cups or 16 1/4 cup servings

INGREDIENTS

- > 1 cup water
- > 3/4 cup sugar or 1/2 cup sugar combined with 1/4 tsp. Stevia Leaf sweetener
- > 1 12-oz. package fresh cranberries
- > 1 16-oz. can jellied cranberries
- > 1 12-oz. package frozen or 1 pint fresh raspberries
- > 1 tbsp. grated tangerine zest

PREPARATION

1. In a 4-quart saucepan, bring water and sugar to boil. Add fresh cranberries and cook according to package directions.
2. Reduce heat to low; add cranberries and tangerine zest. Continue to simmer, stirring often until jellied cranberries have dissolved.
3. Remove from heat and stir in raspberries gently. Allow sauce to cool 20 minutes before serving or cover and chill.

Note: Sauce will last up to six weeks covered in the refrigerator or six-to-eight months frozen. Use reusable plastic containers that seal tightly.

Nutrition Facts: 16 1/4 cup (2 oz.) servings at 80 to 95 calories; 0 fat; 20 to 23g carbohydrate; 3g fiber 0 Protein; 0 cholesterol; 4mg sodium.



Healthy Holiday Recipes

CRANBERRY GORGONZOLA CHEESE BALL

Yield: 32 1-oz. servings

INGREDIENTS

- > 1 8-oz. container 1/3-less fat cream cheese, softened
- > 1 8-oz. container fat-free cream cheese, softened
- > 4 oz. crumbled Gorgonzola
- > 1/2 cup dried cranberries, coarsely chopped plus 1/4 cup more for garnish
- > 2 tbsp. sliced almonds for garnish (optional)

PREPARATION

1. In medium bowl, combine all ingredients together except 1/4 cup additional dried cranberries and sliced almonds.
2. Using an electric mixer on medium speed, blend ingredients until well combined.
3. Using 2 sheets of plastic wrap (approximately 8 by 8 inches), divide mixture evenly in the middle of each sheet. Wrap sheets up and around cheese mixture to form a ball; twist to seal tightly. Refrigerate balls for 2 hours or more to firm. Note: You can make one large cheeseball or the smaller 12-oz.
4. Once balls have firmed, remove from wrap and roll in cranberries and almonds. Serve or rewrap and chill.

Cooks' Note: Serve cheeseball with a good low-fat cracker.

Nutritional Facts: 24 1 oz. servings at 40 calories; 3g fat (62.5% calories from fat); 3g protein; 2g carbohydrate; trace fiber; 11mg cholesterol; 164mg sodium.

High-calorie Version: 1-oz serving at 100 calories; 9g fat (83.2% calories from fat); 3g protein; 1g carbohydrate; trace fiber; 27mg cholesterol; 152mg sodium.



PUMPKIN SPICE CAKE WITH WHIPPED CREAM AND BROWN SUGAR FROSTING

Yield: 12 servings

INGREDIENTS

- > 1 yellow cake mix
- > 1 tsp. ground cinnamon
- > 1/2 tsp. ground ginger
- > 1/4 tsp. ground nutmeg
- > 1/8 tsp. ground cloves
- > 1/8 tsp. ground cardamom - optional
- > 3/4 cup skim milk
- > 2 eggs
- > 1 cup solid-pack canned pumpkin
- > 1 tsp. vanilla
- > 99% less residue no-stick baking spray with flour

PREPARATION

1. Spray a 9 x 13-inch baking pan or two 8-inch layer pans with 99% less residue baking spray with flour and set aside. Note: You can use a 99% less residue no-stick baking spray with flour on all baking pans, including nonstick.
2. Preheat oven to 325 F. Whisk dry cake mix together with spices in large mixing bowl until well combined. In a smaller bowl, whisk milk together with eggs, pumpkin, and vanilla until combined.
3. Pour liquid ingredients into mixing bowl and mix all ingredients together on medium speed of an electric mixer for 3 to 4 minutes until well blended.
4. Pour batter into pan(s) and smooth out top. Bake at 325 F for 30-35 minutes or until a toothpick inserted into the center of cake comes out clean. Remove cake(s) from oven, cool 15 minutes then invert cake pan(s) onto rack. Remove pan(s) from cake and finish cooling. After cake(s) has cooled completely, spread frosting over cake and sprinkle top with brown sugar.

Note: If you plan on taking the cake to an event, cool the 9 x 13-inch cake completely in the pan. Then frost and serve it directly from the pan or cover it until you are ready to serve it.

Whipped Cream and Brown Sugar Frosting

- > 1-pint fat-free whipped topping (Cool Whip® Free, etc.)
 - > 1/2 cup plus 2 tbsp. light or dark brown sugar
1. Defrost topping according to directions. Sprinkle 1/2 cup brown sugar over topping and blend together gently.
 2. After cake has cooled completely, spread frosting evenly over cake. Sprinkle remaining 2 tbsp. brown sugar over top of cake.

Nutritional Facts: 1 serving 340 calories; 4.5g fat; 70g carbohydrate; 1g fiber; 1.5g protein; 4mg cholesterol; 343mg sodium.

Healthy Holiday Recipes

GINGERBREAD COOKIES

Yield: 24 4- to 5-inch cookies

INGREDIENTS

- > 99% residue-free cooking or baking spray or parchment paper for baking sheets
- > 1/4 cup butter, softened
- > 2/3 cup firmly packed brown sugar
- > 1/2 cup molasses
- > 1 egg plus 1 egg white
- > 2 1/2 cups unbleached flour
- > 1 tbsp. malted milk powder
- > 2 tsps. ground ginger
- > 1 tsp. baking soda
- > 1 tsp. ground cinnamon
- > 1/2 tsp. fresh grated nutmeg
- > 1/2 tsp. ground cloves
- > pinch salt (optional)
- > 2 cups
- > **Royal Icing** (see recipe that follows)
- > 4 to 5-inch cookie cutters
- > food coloring (optional)
- > decorating candies, colored sugars, etc. (optional)

PREPARATION

1. In a large bowl, cream butter and sugar together, then beat until light. Add molasses, egg, and egg white, beating to blend all ingredients together.
2. In a separate bowl, stir flour with malted milk powder, ginger, baking soda, cinnamon, nutmeg, cloves, and salt. Gradually add flour to butter mixture, beating until just blended. Form dough into a ball and wrap in plastic wrap. Refrigerate at least 4 hours. The dough is easier to handle, the longer it's refrigerated.
3. Prepare baking sheets by spraying lightly with cooking or baking spray or lining with parchment paper and set aside. Preheat oven to 325 F. Working with a third of the dough at a time, roll out onto a lightly floured board or pastry cloth to a thickness of about 1/4 inch. Cut out cookies with floured cookie cutters and transfer to prepared baking sheets.
4. Bake cookies 5 to 6 minutes or until they have set and gained a little color. Don't let edges brown, unless you want crisp rather than chewy cookies. Remove from oven and rest 1 minute before moving to wire racks to cool.
5. Use a pastry knife to spread white or colored **Royal Icing** onto cooled cookies. Or, use a pastry bag to decorate with piped icing. Once icing has dried, paint with glitter dust or food color sprays, etc.

Note: If you need the dough sooner, you can put it in the freezer for 15 minutes.

Nutritional Facts: Cookie with icing 160 calories; 2g fat; 34g carbohydrate; 1g fiber; 2g protein; 14mg cholesterol; 92mg sodium.



Yield: 3 cups or 48 1 tbsp. servings

INGREDIENTS

- > 1 16-ounce package confectioner's sugar
- > 3 tbsp. meringue powder*
- > 1/2 tsp. lemon extract (optional)
- > 1/3 cup warm water

PREPARATION

1. Beat sugar with meringue powder and water until thick and white, about 7 minutes.
2. Icing may be tinted with food coloring at this point. Keep icing covered with plastic wrap to prevent drying out.
3. If necessary, use a little warm water to thin frosting to the right consistency.

Note: Icing can be stored for up to 1 week. Lay a piece of plastic wrap directly on surface of icing and refrigerate.

*Paste or gel food coloring, decorating sugars, candy, decorating frosting tubes are available at grocery and specialty stores wherever baking and cake decorating supplies are sold.

*Meringue powder is available at specialty stores wherever baking and cake decorating supplies are sold.

Nutritional Facts: 1 tbsp. 40 calories; 0 Fat; 10g carbohydrate; 0g fiber; 0g protein; 0mg cholesterol; 4mg sodium



Healthy Holiday Recipes

NEW YORK-STYLE CHEESECAKE

Yield: 18 pieces

INGREDIENTS

Crust

- > 11 whole graham crackers, broken into fours
- > 1/4 cup sugar
- > 4 tbsp. butter, melted

Filling

- > 99% residue-free or non-aerosol cooking or baking spray
- > 3 eggs, lightly beaten
- > 1 16-oz. container 2% fat cottage cheese
- > 1 tbsp. vanilla extract
- > 2 tsp. lemon extract
- > 3 8-oz. containers 1/3 less fat cream cheese at room temperature
- > 1 tsp. lemon zest (optional)
- > 1/16 tsp. salt
- > 1 3/4 cups sugar mixed with 1/2 tbsp. cornstarch

PREPARATION

- 1. Crust:** Adjust oven rack to center and preheat to 350 F. Process graham crackers into fine crumbs. Transfer crumbs to a mixing bowl and combine with sugar and butter. Spray a 9-inch springform pan with baking spray. Transfer crust mixture to pan pressing crumbs evenly onto bottom. Bake 8 to 12 minutes, remove from oven, and set aside to cool before filling.
- 2. Filling:** Process cottage cheese in a food processor or blender until smooth and no lumps remain, about 2 to 3 minutes, scraping down bowl as needed.
- Place cream cheese and sugar in large bowl and mix at medium speed until smooth. Turn mixer to low, add cottage cheese, eggs, extracts, zest, and salt, blending together until combined. Do not over mix. Too much air in the batter can cause cracking.
- Pour batter into pan, smoothing top with a spatula. Bake at 350 F for 55 to 60 minutes until center has slightly risen and is barely set. Turn off heat and cool cake in oven with door ajar for 1 hour.
- Remove cheesecake from oven and cool for 2 1/2 to 3 hours. While cake is cooling, run a knife or spatula around the outside edge of cake each hour to keep it from sticking to the sides of the pan. Wrap cake securely and chill at least 3 hours.
- 6. To Serve:** Remove the sides from pan, blot moisture from top of cake with a paper towel and let stand at room temperature about 20 minutes before slicing and topping with Strawberry Glaze and fresh sliced strawberries or topping of choice.

Nutritional Facts: 265 calories; 13g fat; 32g carbohydrate; 2g fiber; 8g protein; 68mg cholesterol; 340mg sodium

Strawberry Glaze

Yield: 3 1/2 cups or 28 2 tbsp. servings

- > 1 16-oz container frozen sweetened strawberries **OR** 4 cups fresh or frozen unsweetened strawberries and 1/2 cup sugar
 - > 2 tbsp. any berry liqueur, framboise liqueur, kirsch, etc. (optional)
1. Place strawberries in a food processor or blender with sugar (if not using presweetened strawberries) and liqueur and process until smooth.

Nutritional Facts: 44 calories; 0 fat; 11g carbohydrate; 1.4g fiber; 0.2g protein; 0 sodium; 0 cholesterol



Healthy Holiday Recipes

CHRISTMAS SUGAR COOKIES

Yield: 22 to 24, 3 to 4-inch cookies

INGREDIENTS

- > non-aerosol or 99% residue-free baking spray with flour, parchment paper, or parchment baking sheets
- > 1 3/4 cups unbleached flour
- > 1 tbsp. malted milk powder*
- > 2 tsp. baking powder
- > 1/4 tsp. fresh grated nutmeg
- > 1/4 cup butter
- > 1/4 cup light sour cream
- > 1 cup sugar
- > 1 tsp. vanilla
- > 1 large egg
- > 1 recipe Royal Icing
- > gel or paste food colorings*, gold or silver glitter dust or food color spray*, colored sugar or sprinkles to match the frosting colors used
- Christmas cookie cutters in desired shapes

PREPARATION

1. Combine flour, malted milk powder, baking powder, and nutmeg together in a separate bowl. In mixing bowl, cream butter and sour cream together with sugar until smooth. Beat in vanilla and egg. Add dry ingredients to wet, mixing until just combined. Do not over mix.
2. Wrap dough in plastic and refrigerate 30 minutes to several hours. The longer the dough is chilled, the easier it is to handle. Note: If you need the dough sooner you can put it in the freezer for 15 minutes.
3. Preheat oven to 350 F. Flour a pastry board or rolling surface. Working with a third of the dough, roll out into 1/4-inch thickness. (Keep remainder of dough refrigerated.) Cut into shapes using a 3- to 4-inch floured cookie cutters. Carefully transfer cookies to prepared baking sheets with a floured spatula.
4. Bake 5 minutes or just until cookies have set and gained a little color. Don't wait until edges have browned, which will produce crunchy rather than soft and chewy cookies. Remove from oven, rest 1 minutes on sheet, then transfer to wire racks to cool.
5. Once cookies have cooled, use a pastry knife to spread colored Royal Icing onto cookies (or pipe, if preferred). If desired, immediately sprinkle with matching colored sugar or sprinkles.
6. After the icing has set, Use a pastry knife to spread white or colored Royal Icing onto cooled cookies. Or, use a pastry bag to decorate with piped icing. Once icing has dried, paint with glitter dust or food color sprays, etc.

*Gel or paste food colorings, glitter dust, and food color sprays are available at baking and craft stores.

*Malted milk powder is available with the dry chocolate milk mixes at your local grocery store.

Nutritional Facts: cookie without icing 85 calories; 2g fat; 15g carbohydrate; 0 fiber; 1g protein; 3mg Cholesterol; 57mg sodium.

Nutritional Facts: cookie with 2 tbsp. icing 165 calories; 2g fat; 35g carbohydrate; 0 fiber; 1g protein; 3mg cholesterol; 60mg sodium

Royal Icing

Yield: 3 cups or 48 1 tbsp. servings

- > 1 16-ounce package confectioner's sugar
 - > 3 tbsp. meringue powder*
 - > 1/2 tsp. lemon extract (optional)
 - > 1/3 cup warm water
1. Beat sugar with meringue powder, water, and extract until thick and white, about 5 minutes.
 2. Icing may be tinted with food coloring at this point. Keep icing covered with plastic wrap to prevent drying out. Covered icing will last a week in the refrigerator.
 3. If necessary, use a little warm water to thin frosting to the right spreading or piping consistency.

*Meringue powder is available at baking and craft stores.

Nutritional Facts: 1 tbsp. 40 calories; 10g carbohydrate; 0g fiber; 0 protein; 0mg cholesterol; 2mg sodium.



Program Follow-up



Program Evaluation

To be completed by the person(s) who implemented the program.

Program Name _____ Program Start/End Dates _____

Number of participants who completed the program _____

INCENTIVES

Did you use incentives? ☐ Yes ☐ No

Why or why not? _____

If so, what incentives were used?

PROMOTION STRATEGIES

What did you use to promote this program?

- ☐ Posters and flyers
- ☐ Company newsletter
- ☐ Email/voice mail
- ☐ Bulletin boards
- ☐ Social media
- ☐ Other

What promotion strategies worked? _____

What didn't work? _____

PROGRAM MATERIALS

What program materials did you use?

- ☐ Flyer
- ☐ Quizzes
- ☐ Stair Trackers
- ☐ Other

What aspects of the program were successful?

Which aspects of the program, if any, will you change for next year? _____

Help us improve our program by emailing the completed Program Evaluation and Participant Evaluations to Health and Wellness at **health.management@imail.org**.

Participant Evaluation

Please take a few moments to evaluate the Catch A Flight (stair) program. Your feedback will help us continue to make the program successful in the future.

PLEASE CIRCLE THE NUMBER THAT BEST REPRESENTS YOUR OPINION

1 - Not valuable 2 - Somewhat valuable 3 - Very valuable 4 - Extremely valuable

Overall Catch A Flight program	1	2	3	4
Educational poster/flyers	1	2	3	4
Stair Tracker	1	2	3	4
Catch A Flight and motivation to take the stairs	1	2	3	4
Prize incentives and motivation to take the stairs	1	2	3	4
Team support and motivation to lose/maintain weight	1	2	3	4

PLEASE ANSWER THE FOLLOWING QUESTIONS

1. Did you enjoy the Catch A Flight program? ☐ Yes ☐ No
2. Did you increase your stair usage? ☐ Yes ☐ No
3. Would you participate in this program again next year? ☐ Yes ☐ No
4. If not, why? _____
5. What was your number one motivation to participate in the Catch A Flight program?
☐ Prizes
☐ Posters
☐ Fun
☐ To increase your daily physical activity
☐ Other
6. If you could change one thing about the Catch A Flight program to make it better, what would you change? _____

7. Any additional comments or suggestions? _____





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