At the end of each Get the Point Incentive Campaign, participants are asked to complete a brief survey. This survey consists of three questions regarding the participants experience as well as their comments.

Below are the comments we received this report period. Some of the comments were over our allowable character settings.

Identifying names have been removed. Comments from participants are written EXACTLY as they were submitted.

**578 Participants completed the survey during this report period (April 2012 – June 2012)**

**Question 1: Have you changed your lifestyle as a result of participating in GTP?**

I feel that I lead a healthy lifestyle so a change wasn’t what I needed. What I did need, and what GTP provided, was accountability and something that helped me keep track of food and fitness habits.

The program has helped me focus more on including fruits and veggies in my daily diet

Made me eat healthier foods and exercise more

No really, just incorporating better food choices and making sure to stay active

More cognizant of what I’m eating and trying to get more exercise in.

More aware of the amount of exercise I get, more aware of monthly habits

I was already doing my best in having a healthy lifestyle before GTP.

Eating, exercising and losing weight

I have made myself more aware of eating more fruit, nuts, etc.

I have started eating much better and make healthy choices.

yes i’m eating healthier and exercising a lot more! it's nice to have an incentive to do so!

Somewhat. More than I started out a couple years back with. Otherwise I try to live a fairly healthy lifestyle now anyhow. I drink a lot more water now though.
Have been doing the P90X program

I already was active every day

Eating more whole grains, nuts, and drinking more water. I'm more aware of what I am eating and I'm more active

I'm more mindful of things I know I should do but sometimes forget. This helps remind me.

I know exercise 6 days a week

on the treadmill almost daily

During the semester I exercised more regularly because I signed up for classes - I'm working on adding that to my summer activities, but I've already signed up for Fall classes.

Healthier eating habits and more daily exercise

more exercise, trying for less stress

I am more aware of making healthy eating choices, and I work out almost daily.

More activity. Not skipping lunch workouts

Participating in the GTP program helps keep me focused on a healthy lifestyle.

I am more aware of the foods I eat and what they contain

It makes me more aware of the little things I can do to improve my health in addition to the big stuff I normally do.

GTP gives me more of an incentive to exercise every day, instead of maybe twice a week.

I pay attention to food labels and better understand what they do & don't tell me. I work out in variety of ways, having been exposed to Tai Chi & yoga

I am more aware of both the types and amounts of food I eat each day.

GTP provides a fun incentive to stay on top of my health goals

The accountability of GTP allowed me to prioritize exercise when work stress was high.
MUCH more conscious on a daily basis of what I am eating.

I enjoy the program but already live a healthy lifestyle.

Raised awareness

I now make conscious choices about my habits and the things that I do.

Yes, I am following a great food plan, am losing weight (60 pounds!!!), and exercising.

I now do two workouts per day instead of one.

more intentional about healthy diet and exercise, safe practices and whole body response

I’m much more aware of the number of fruits & vegetables and whole grains I eat. No, but I have lost weight and improved my eating habits because of the WIN-WIN program. Please bring it back to Butrovich!

I am eating healthier even when not doing GTP, and I am more conscientious about how much I exercise as a result of this program. All together I believe this program has made me a healthier person.

I already had a healthy lifestyle.

I eat less carbs, watch my portion size and attempt to get moving every day.

More accountability. Started strength training.

I practice better eating patterns and maintain a good exercise routine, even with recent injuries.

Not really, I’d try to stay in shape with or with out this program

I am walking a minimum of 45 minutes a day, taking stairs, eating more fruits and vegetables. I am more aware of what I eat and how much I exercise!

more aware of stressors, how to adjust

began regular exercise program, 45 minutes/day, five days per week. Changed to a healthy approach to snacks.

Help keep me on the path.
GTP was part of the motivation.

I've been putting in more of an effort to walk so I can track it each month. It is helping!

Cut way back on serving sizes, better able to keep healthy choices up while on travel, exercise very regularly.

I have increased my commitment to eating healthy foods and taking supplements as a result of the tracking options - helps me to focus on being a healthy individual habitually.

Began yoga classes and I'm hooked. Drinking more water, and eating healthier. Thanks for the encouragement.

Eat healthier, workout and stay active, make better choices.

GTP tracking has helped me really monitor my exercise and eating habits!

More water, more aware of exercise opportunities, got a vitamin workup

GTP helped me have more awareness of my water and food intake and the amount of exercise. Which helped me set goals.

Dietary and activity changes have resulted in loosing 12 pounds this year. I am now only 8 pounds away from when I was 20 years old.

Pace myself better

I have enjoyed an active lifestyle for the past several years. It has helped to remind me why exercise and being healthy are important.

I am eating more of the things I am suppose to eat...not just sweets and highly processed foods.

trying to be more aware of what I am eating - thinking about food before consuming it

I watch what I eat more and monitor how much water I drink finding I used to not drink any water during the day at all.

have been exercising almost every day - afternoon walks, etc.

Yes I exercise on a regular basis now.

I make sure to get the fruit and veggies that I know I should be eating daily.
Pay more attention to water, fruit and veggie intake

I exercise much more, and pay more attention to the things I eat.

Somewhat. I'm not going to say I made drastic changes, but by logging in what you eat during the week it makes you aware of what you DO eat.

I'm exercising more and pay more attention to my diet and drinking more water

Although I'm inclined toward taking care of my health and fitness, GTP focused on specific behaviors and helped me think about them on a daily basis, making it easier to make it part of my normal life.

I have a planned diet and exercise more. Take breaks away from my computer. Take the stairs instead of the elevator.

I'm eating better and trying to stay active on a more regular basis.

Keeps me mindful on a day-to-day basis, of what I'm eating and how much I'm exercising.

better eating and exercise habits have increased

Go to gym often. Have completed a marathon. Nearly daily running 2~5 mi. Trying veggi meals.

I watch my foods more carefully and try walk more.

started swimming

Much healthier eating, more walk breaks, more exercise.

Yes, it has helped raise awareness of healthy practices on a daily basis

Mostly it helped me continue on a good lifestyle. But great to get the positive feedback.

I exercise more

eat better and more exercise

pay more attention to water intake and veggie/fruit intake

I increased my water intake, partly due to IHP sessions and partly to the tracking features of GTP. It has made me more aware of my eating habits and serving sizes.
I exercise on a regular basis.

I have joined the Alaska Club and I am now exercising and watching what I eat...

I have cut down on my carbs to help keep my weight under control.

I would have made these changes regardless of GTP, but GTP may have helped me be more consistent and accountable.

I’ve purchased a gym membership. I’m riding my bike to work at least 3 times a week, and am generally getting more exercise.

I paid a lot more attention to my water intake.

I am much more aware of my fruits/vegetable, nuts, and water intake as well as how much exercise I get. Now I take better care of myself as a whole instead of just getting by.

Absolutely, it is a great program!

I am eating better and watching my blood pressure and blood sugar numbers.

Eat better

I already do, as a matter of course, the things that earn points.

Eating better and exercising more

I am paying more attention to what I am eating, not just my activity level.

It has remained the same.

I pay closer attention to what I eat so that I can accurately log that info in to GTP

I watch what i eat and exercise more now

This program helped to give me more incentive to participate in the spring triathlon this year and after discovering that I really liked it, I will continue to pursue these workouts.

It helps give a real incentive to continue healthy habits, and sometimes that little extra incentive keeps the scales tipped in favor of healthy choices.
I am much more conscious of the types of foods and quantities that I consume.

Paying more attention to what I eat and making better choices.

I take time to select and prepare healthy foods for myself. I try to exercise each day at least once. I know my efforts help me feel better.

I already had a healthy lifestyle.

I have learned to target my training. I also learned chi running which has allowed me to run again after my knee injury.
I would say over the course of the couple of years I've been participating in WIN, I pay much more attention to what I eat and when I eat it, and I also pay more attention to keeping a good balance of exercise spread out over the course of the week.

I used to eat few if any veggies but now I eat about 7-10 servings almost everyday.

I already eat well and exercise daily.
watch what I eat

Joined a health club and worked with a personal trainer for 12 sessions.

I changed my eating habits to healthier choices. This was not solely prompted by GTP, but it played a role.

Eating less dessert. Better portion control when eating meals. Health coach helps with accountability and staying on track.

I watch my salt intake, I try to eat breakfast & I walk @ work.

Now my husband and I are exercising together and making healthy meals together. I was 208 lbs last Fall and this morning I weighed 191 lbs. Best of all, there is much less stress in my life.

I am more serious about my heart and physical condition. I now take several supplements where before I was not taking any.

I have become more aware of the types of food I eat during the day. I also am drinking more water.

I exercise daily, drink more water, and eat better food.

But the program encourages me to stay on track.
Paying closer attention to what I eat.

It has helped me continue to focus on healthy activities and meals. Without it, I am SURE that my focus would wander off and I would forget all the activities that are possible and would just do the "same old thing" in exercise and eating.

Yes, I am healthier, more fit, and certainly a more active and happy employee

Better eating and exercise habits.

Stay focused on being healthy

I didn’t have to change my lifestyle as a result of GTP. I already live a healthy life to begin with. I am a former collegiate long distance runner who runs consistently and I am healthy eating vegetarian.

I choose healthier food than what I tend to if I don’t think about it.

Eating more veggies.

Consistent exercise regime
Drank more water, ate more fruits & veggies

It is not a very good tracking system. I use Weight Watchers already, and it is infinately more detailed.

I increased number of exercise sessions per week

Getting more exercise and eating better

It has gotten me to care about my health, fitness, and diet. By making small change, I see results. This keeps me motivated.

I have found the exercise in listing 5 positive things each day helps me gain perspective at the close of the day and focus on accomplishments.

I haven’t changed, but it has helped me maintain it....trying to focus on getting enough vegetables and fruit.

It has given me focus

More exercise and better eating habits.
I started tracking how often and how much I work out and I try to drink more water.

This has reminded me the importance of tracking during the long months and staying on my weight game to be healthier.

I more aware of trying to meet the 25+ day goals.

I made sure to get to the gym as often as I wanted to.

making sure I get plenty of exercise

no, but I became more aware of the things I do other than exercising and eating right that are good for my health

I have not changed but I have maybe modified some, but just more aware of what I do and eat.

GTP has encouraged me to log in and keep track of my diet and exercises.

I’ve had some set backs this go-round, but the work that’s been done to build healthy habits are carrying me through.

I have lost over 60 lbs in the past year using tip and strategies learned with working with Wellness staff.

Lower sugar consuptions Take multivitamin increase vegtible consumption Swim regularly Increased HDL

I am more consistent about daily exercise

Am now off of several expensive maintenance medications after learning how better lifestyle choices can take the place of them.

I choose healthier food, drink more water and exercise.

Learning to eat healthier and exercise tips.

I eat healthier, drink more water, exercise more with groups of people.

I’ve cut out all processed foods. I'm 80% live food vegan, eating at least 10 servings of fruits and vegetables daily.

It has kept me doing what I know I need to do. Still need to work on what I eat I pay more attention to what I eat and learned some nutritional tips from Judy
I make healthier eating choices whenever possible and exercise on a regular basis.

I have been a member of Weight Watchers for several years so track my eating. Having said that, I have been away from the tracking and the pounds were beginning to add up again.

I exercise more and I started running.

yes, been eating more fruits, nuts and veggies!

more aware of eating habits

more conscious of food choices

More conscience of the foods I eat.

I was already in a regular fitness routine, fish and eat my local fish, avoid meat, eat lots of veggies etc.

Not really, to be honest. I increased my exercise and decided to start eating more healthy foods on my own (regardless of GTP). It is nice to get a reward for it, though!

Participating in GTP made me think more about the decisions I make on a daily basis that impact my health. I would think about the various things I learned, such as how drinking drinks that contain a lot of sugar contributes to obesity and how one's

I'm not one for drastic changes as they typically don't stick, but the program gives me awareness of healthy issues and habits and that has affected gradual changes.

Made dietary changes

I am exercising more and I am more aware of what I eat. It has also spurred me to get medical check ups.

Absolutely--logging points on a daily/weekly basis was a constant reminder of eating healthy foods deliberately and maintaining my exercise program.

adds incentive to my routine; takes it up a notch or 2

Was already exercising regularly, but GTP makes me more aware of my eating habits and incorporating things like whole grains and drinking plenty of water.

I've started eating plenty of vegetables, fruits, whole grains, and nuts; drinking plenty of water; and
getting regular exercise.

Have increased my water, whole grain, fruit and vegetable intake. Increased amount of exercise

I eat healthier and exercise more as well as incorporating new tips into both.

By keeping track of what I eat and how much I exercise, it makes me more aware and makes me watch myself better. This has led to better results!

I already lead a fairly healthy lifestyle, but it did help me stay on track.

Exercising more, eating better balanced meals and drinking more water.

I drink a lot more water and I remember to take my vitamins daily.

Especially changed eating habits. The doctor is pleased with my weight loss, and my normal blood glucose numbers.

I am more aware of what I eat

I walk more and drink more water eat more veggies.

regular exercise, water and diet much much better

I'm walking for 30 to 45 minutes every other day. I'm watching my diet.

Eat healthier and exercise more

It gets me thinking about what I eat everyday.

I do drink more water a day and I am more aware of what I eat and how much I move per day.

Eating healthier, more thought to daily choices.

Changed diet based on recommendation from GTP consultant.

Yes to be more mindful of what we eat- that eating healthy can taste good and that we don't need to
eat as much as we think we do and that exercise can be fun.

I eat healthy now and weigh almost everyday.

By participating in this program for 2 years, I have returned to frequent exercise. Also I lost 10 pounds. Now I am totally psyched to lose the other 35 pounds and get back to my previous level. Thank you for this program.

Helpful individual appointments.

Try to eat better.

I became more aware of my eating habits and began eating more fruits, vegetables, and nuts as well as drinking more water on a daily basis.

I'm more aware of what I'm doing.

I do eat healthier, especially on days when I exercise.

I definitely eat healthier and work out more.

I do something physical every day now

Healthier eating, more diversity for exercise, and learning more stress-reduction techniques

Don't want to have to put bad numbers in so I eat better.

ate a little better

More exercising, healthy eating, lost weight

Recently diagnosed with colon cancer, Heide Beer has helped me better focus on healthy eating and exercise. She is just the best!!

I just keep up with the healthy eating habits I learned from Heidi from when I started IHP years ago.

I am consciously trying to drink more water. I also do more walking

I was already eating well and exercising

Yes! I'm eating more fruits, vegetables and whole grains consistently, and more nuts, though not as consistently. Definitely increased my daily water intake, and decreased caffinated beverages to almost
zero. I am more active, looking for opportun

Through active participation in program, have enhanced regular physical activities, added new ones and am encouraged to continue daily practice of all.

I eat in a more healthy fashion, many more fruits and vegetables; and I exercise nearly every day. I don't feel right if I don't do something active.

Thank you

Created better eating and exercise habits

excersise a bit more because of challenges like 10,000 steps a day

I was already very active, so I did not see much of a change, but it definitely encouraged me to keep it up!

better exercise programs and meal planing for my family

I am more knowledgeable about nutrition and my physical health. I enjoy having my cholesterol read and having that accountability piece by meeting with a WIN rep. every few months.

I find that it really helps me be more aware of how many fruits and vegetables we are eating. I also get more exercise. The tracking makes me aware of what I am doing.

More daily exercise! And it helped to remind me to include more fruits and water in my diet.

I am eating more fruits and vegetables, drinking more water, and exercising at varying intensities nearly every day.

I am more active and eat healthier

I changed my lifestyle even before GTP

I'm very focusses on a healthy diet and continue to excercise as much as possible. I maintain a healthy weight and blood pressure is good.

Yes I pay attention to the food that I eat and exercise regularly now.

I attend yoga classes

Mostly better nutrition
I am exercising more and drinking more water. Also trying to get in more fruits and veggies.

I stay more aware of my health habits than I did before participating with GTP

Looking at the point values of exercise has really helped me to put into perspective which are the highest in burning calories.

more conscious of eating healthy, walking more and doing simple things such as getting up and going to a co-worker's office instead of picking up the phone. I also wear my pedometer which encourages me to continue to get more steps!

I watch what I eat better and I try to get more activity going

Exercise at work

Drinking more water, adding additional fresh fruit and veggies. Committing to daily exercise.

I'm more conscious of my portions. Exercising more.

I wouldn't say I've "changed" my lifestyle, but it's definitely made me think about whether or not I am actually exercising as often as I think I am.

Am more diligent about eating lots of fruits and vegetables. Sneak in exercise whenever I can.

I am much more conscious about my choices. I pay more attention to what I eat and how much water I drink. It has also helped me realize that being active is more than just going to the gym.

Already pretty healthy.

I pay more attention to getting enough water, finding excuses to get an extra 15 minutes of exercise, etc.

The program encourages me, gives me reasonable ideas to keep on the path to better health.

I am eating three meals a day and snacking regularly.

Eating more fruits, vegetables, and drinking more water, getting more regular exercise

I am a little more active than I have been in the past.

monitor servings, set healthy lifestyle goals and meet them
Started yoga & have been loving it for 5 months! Also am much more aware of the amount of exercise done as well as what food groups I eat from/servings from.

I have finally been able to modify the way I eat, both portions size and what types of food. I'm still working on trying to make regular exercise a part of my daily life. I lost almost 50 lbs!! Thanks!

Portion control and using exercise to reduce stress!

It makes me more aware of what I am eating and what I should be eating.

I haven’t made a large change in my lifestyle, but I do pay more attention to what I eat now. I thought I was eating more fruits and vegetables and drinking more water than I actually was. However, some of the information I received has been if not helpful, educational.

I had already started a lifestyle change about a year ago. I want to keep that up. This is helping me to do it. What I might suggest is developing some kind of app for an Android phone (and also iPhone). This is what helped me keep track & chang

Have sustained a healthy diet and a regular exercise program

I try to pay more attention to my diet.

much more aware of my exercise

I pay closer attention to what I eat and how much exercise I get.

I am making better choices because I like the results.

I think more about the kinds of food I am eating.

drink more fluids, eat more beans

Somewhat - I've always been active but I've watched more of what I chose to eat when dining out.

try to eat lunch regularly

yes, i avoid injuring myself by stretching before and after exercising; plus i've learned that i don't have to feel pain in order to be successful at exercising.

As I log in my portions it keeps me aware of getting daily servings of fruits and veggis.
Eating more healthy and exercising more.

I drink more water and eat more fruit and nuts.

More regular and frequent exercise. Cut down on snacks.

**Question 2: Did GTP Help you start a healthy habit?**

It is fun, helps me live a healthier lifestyle and I enjoy the prizes.

To learn how to make healthier choices so that I can improve my health and feel better.

For accountability. This helped me track and keep motivated to work on a more healthy lifestyle!

To foster better habits to improve my health.

The desire to stay aware of what I am eating and doing every month. The prize definitely helps.

Tracking activities and rewards.

To learn more about ways to improve living healthy; also the incentives of prizes!

Loose weight and feel better. Lost 15 lbs so far and hoping for more over summer!

the prize incentive, but it's really win/win because i feel better, i look better, plus i win a prize! so thank you!

Prizes

Logging in to GTP is a helpful reminder of the many simple daily choices you can make to be healthier.

Because I was participating in the WIN-WIN program and the two seemed to go well hand in hand.

To maintain and improve health. Incentives don't hurt either!

mainly the incentives

getting into a healthier routine and prize
to keep myself on a healthy lifestyle. "Reporting" makes me more aware of what I have done or not done.

need the extra push to be more aware of my health

Participating in the program is just an added incentive to stick with my new habits, and maintain my new healthy lifestyle.

Honestly, I participate primarily for the incentive rewards. I appreciate the program, but without the incentives, I would not be motivated to participate.

To help lose weight and learn more about what can help me be healthier.

I like that I have a list of a variety of activities I can be doing to maintain a healthy, active lifestyle.

I use GTP because it is available to me as an employee at UA.

to encourage taking better care of myself and my health, learn what I have control over and how to control it

I like the tracking mechanism, the monthly newsletters, the incentive prizes, and the opportunities for new suggestions to incorporate into an overall healthy lifestyle.

GTP combined with IHP sessions w/ Janice work for me. Janice is great at finding workouts I can do at home (or on the road) with minimal equipment to aid compliance when severely time stressed.

Lose weight.

Incentives and some good advice

Incentives

honestly...the prizes and learning healthy habits from the website.

It keeps me on track. It gives me healthy options I would not have known about. THANK YOU!!!

The cash card prizes are great motivation.

I knew I needed some type of incentive to improve my diet.

To track my health!
The prizes

Well I believe it helps motivate me to be healthier but also the prizes are a great incentive. :)

Accountability.

Healthier lifestyle.

I needed some guidance in nutrition and exercise.

The prizes, which I still screwed up on tracking.

To lose weight, know my numbers and get prizes :)

find ways to relieve stress, better health

it helps me hold myself accountable

Great benefits!

It gives a regular check-in on status of developing healthy lifestyles, plus is a source of information on lifestyle choices, exercise techniques and how to stay on track. In other words, it provides a regular, almost day-to-day frame of reference for accountability. It is so helpful for me to have someone to be accountable to other than myself; even just the online tracking provides a level of accountability. It helps me to be accountable to my own goals.

Healthier lifestyle, and, must admit, gift incentive was a motivator. But really glad I participated and started new healthy habits.

To improve my health!

incentives

Awards Incentive and wanted to get healthier and loose weight.

IHP accountability and self discipline.

to stay healthy as I age

Fortify my exercise and eating habits.
Mostly to compete with myself to see if I can do even a bit better.

I really like to track the exercise that I get along with the food.

to loose some weight

A healthier life style AND the prizes.

for the inspiration

I needed to put on some weight and muscle as I had gone through a divorce and lost too much weight.

In the beginning, it was for the prizes. But, now that I have changed my habits, it is more for healthy eating.

Reality check for fruit and veggie intake (less than I thought unless I work at it).

The prize incentive, but also trying to be a little healthier in my everyday life. I also liked the stretch and tone (bands) class, even if I didn't go every time.

I found an interesting program that would give me the opportunity to receive support and help to pay attention to small details that could help me be more healthy

Money!

Keep focused and of course, the money was a good incentive, or reward for taking care of myself.

I enjoy keeping track of my health, but the incentive prizes are a nice benefit!

UA condones this.

Reinforces the importance of exercise and nutrition. I never got my two-month prize. I hope I get this one!

It make me accountable and aware of what I am doing.

To help me do the exercise and eat the right foods.

keeps me eating well and exercising.

lose weight, healthy eating.
I’m always looking for the latest in health and nutrition. The sessions I had with Janice were really valuable. Thank you!

It was fun

motivation

incentives!

Journaling my exercise and nutrition activities to keep me on track with healthy habits.

Accountability

Healthy lifestyle, I want to be able to play and carry my sweet little grandchildren around without difficulties.

It is fun to see if I can go for 25 days without drinking caffeine, or exercise, etc. ....the GTP really helps to keep me on track

I wanted to improve my health and lose a few pounds.

I found out I was pregnant and wanted to be more conscious of my diet and exercise during pregnancy.

I want to be healthier. Making the daily recordings helps me track my progress.

Success with this program in the past. I lost a good amount of weight and have been able to keep it off for a while now. THANK YOU!

help with awareness

Kept me exercising regularly and ate right.

For the money.

to be motivated to lead a healthier lifestyle

To have an accountability/tracking system to support a healthy lifestyle.

Reena's big smile convinced me to participate a few years ago and now I continue because it's helped improve my health by increasing the amount of exercise I do and monitor my food intact which has reduced my weight and improved my Cholestor
It is a great program for monitoring BMI, cholesterol throughout the year. Encourages me to make a plan and have some goals. Having to report to Renna over the past couple of years was good for helping me stick to the program.

For the incentive prize, and because it helps support good health habits.

Keeps me on track.

I appreciate the reminders and tracking opportunities, they help me keep on goal. I also appreciate receiving significant cash card prizes. They are spent on healthy foods.

Get the prize.

I like the coaching and the motivation the IHP consultants provide. I also like using the gift cards for purchasing health-related items (bike shoes, bike jacket and shirt, hiking poles, garmin heart rate monitor and gps)

I needed to get into shape once again and I trusted the company that put on the IHP meetings.

got healthy

I want to take advantage of all the wellness opportunities UAF provides. When used in collaboration, I experience a daily incentive to succeed.

Cash incentive.

talk with a nutritionist

Maintain good health.

To lose weight & get into some type of a routine.

Incentive. I like a challenge.

I turned 60 a year ago and want to stay healthy.

To take better care of myself and earn rewards

Healthy living

To stay on track with eating healthy and exercise. The incentives are nice too :0)
I think it is a GREAT program. I am more successful sometimes (over the years it has been in place) than others, but that is only my issue, not GTP. But it has ALWAYS helped me in that it reminds me that..."oh yeah, I need to get more veggies and tak

I need the daily accounting.

Help with motivation and discipline

It reminds me to do what I need to do to engage in preventative health care and activities

To hold myself accountable

I don’t like to track what I eat. Food tends to be my bigger hang up. Since starting the IHP sessions and GTP, I have worked physical fitness into my everyday life. I still struggle with making better food choices but I have made drastic impro

I like getting the external positive feedback and rewards for doing something good for my health. I like getting the "goldstar"

free health education and support with incentives!

The Prizes. Yes, I should say my health, which would also be true, but money is a great motivator.

The prizes at first!

To keep me motivated on being healthier

To stay focused on making changes to improve my health, fitness, and diet.

I will admit that the first year I did this, the prize was the main goal but those have decreased in recent years and become less important. Since then (three years now), I have found that I like reminders/suggestions on health/body/mind activities t

to be more mindful about what I eat.

For the assistance to stay focused and accountable.

To lose weight.

the incentive gifts

It was nice to think I could get a prize for all the hard workout I do. Thanks!
The incentives

Because I was able to track my healthy habits and get a reward for them that I could put towards paying for health related items

I had bad eating habits.

It motivates me.

I want to be more healthy and reduce my risk of diabetes and other weight related health problems.

Custom health plan for free. The incentives.

To improve my fitness and general health.

It's good accountability for budding new habits—something to keep me motivated to stick with them until they are solidly ingrained in my lifestyle.

I needed a good prod, and logging in food and exercise is a good visual reminder.

Wanted to establish and maintain an overall healthier lifestyle. Also wanted to learn tools to improve my diet/food choices and help me lose weight.

Healthiness, weight loss, and well being.

To create healthy habits that help me lose weight and keep it off.

It helps me to see the value in all the positive things I'm doing to improve my health. It's also motivational.

I NEED the outside accountability - to track (and the prizes are fun too)

1. #Prizes #2. it helps to motivate you more

To try to get back to where I should always be...consciously watching what is going into my mouth. Also, the reminders that food isn't the only criteria for a healthy life. Good habits such as water consumption, wearing bike helmets and seatbelts.

GTP provided an easy way to track what I eat and my exercise. By reporting in I felt more motivated to work hard and chose healthier options. Coworkers talking about it...
to improve my well being.. at least i can improve my health or healthyness :o) Even though the rest of my life seems beyond my control

incentives make it easier to stay on track with workout and eating goals

Trying to maintain a heathy lifestyle while doing a stressful job.

Financial incentives!

to make sure I'm keeping up with fitness

I like getting prizes and recognition for my efforts in being pro-active about my health.

I chose to participate in GTP because I am the type of person who needs reminders in order to maintain a healthy lifestyle. GTP helped to be that constant reminder. The incentive prizes don't hurt either :-) 

prizes

As I get older it is more and more important that I keep exercising and pay attention to diet.

As I get older, I want to continue to maintain a healthy weight and exercise/activities to ensure a goal of not falling during AK winters! Also trying to lose weight when over 60 yrs of age is becoming more difficult--so GTP REALLY HELPS with this!!

staying healthy & out of the doctor's office!

It's a great opportunity each spring to revisit basic wellness guidelines and reestablish healthy habits. I like working toward a reward and using it to reinvest in my fitness activities.

There is a lot to be said for being rewarded for trying to develop healthy habits!

It helps me keep track of my meals and exercise to help me reach my goals.

It's an opportunity to get paid for things I already do and it's also a chance to make sure I'm on track.

I like how it rewards you for the healthy choices that you make. :)

To better track my food and water intake.

to make sure my overall health is good in between doctor visits
being reminded helps me reach my goals.

incentives and healthy living.

motivation

The incentives get me to participate. The program reminds me to incorporate healthy habits in my day.

My health was getting bad.
prizes! I also think it is fun!

To eat healthier

A tool to remind me to drink more water and eat my fruits and veggies daily.

I like being able to track my progress in an easy to use format. It holds me accountable.

I like the financial incentive to help pay my gym membership and I wouldn't take Studio One Pilates classes without it. Thank you!

Helps remind me to make healthy choices every day, not just when the pounds creep up!!

To get healthy and to loose weight also improve my blood chemistry and biometrics. I have lost 35 pounds since last year. Dropped cholesterol by 51 points and now in normal range.

Lose weight and live longer.

Get healthier

Helps me to remember to make healthy choices.

Though I have gained from the program in terms of wellness, eating, and exercise awareness, it is the prize incentives that make me actually follow through and enter points.

Prizes

Accountability and great incentives!

Even though the money isn’t my motivation now, it was what motivated me to begin with. Now I just like doing walks and other activities mid-way during the day and I think it actually improves my productivity. It was also useful to be able to re
Healthy eating habits, lose weight

To improve my health (and also the cash cards.

To get more range of motion back in my right shoulder. Later I added goals of full range of motion in all joints, increase stamina, lose weight and get off the heart med I was on temporarily.

The incentives

Increased both short-term and long-term health benefits, awareness, strength, endurance and mobility.

To become more healthy. I had a kidney stone and infection episode that helped me realize I needed to change; and I looked to GTP to help me get on track and stay there.

Beter health

To see how my overall health was doing from the inside cause I had no idea

I like getting rewarded for my healthy choices. I am a big fan of all the WIN programs.

obtain new food choices

great rewards for working out and eating healthy! Love it.

For extra motivation to eat right...and feel better.

To live a healthy lifestyle - the program helps me stay motivated.

Get the prizes.

Proactive health choices go farther towards overall health than treating symptoms of poor health through the use of doctor visits and prescription drugs.

It's good for me. Being available in my building means I go.

Helps me think about health behaviors

To keep me on track with my exercise, water consumption and eating healthier.

To establish a more healthful routine.

Stress reduction & overall fitness
It's fun!!! And the money too doesn't hurt :) 

healthy lifestyle! (great prizes too!)

It helps me set goals and keeps me on track.

Wanted to jump start my exercise and healthy eating this winter and stay on track. This program helped me stay focused and not get lazy.....

To lose weight and tone up.

incentive prizes and helping me notice if my habits are healthy. but to be honest, it's mostly the prizes. Reinforce healthy habits.

The incentives.

Split between the money and it helps me keep track of my habits.

Because it helps me keep track of my fitness goals and also offers incentives, which I use to buy myself items that keep me motivated to do exercise and stay healthy (gear, clothing, etc.)!

Middle age ;)

Improve health

It is a good tool to measure how I am doing in regards to lifestyle.

Because it is fun and the results are great!

The answer above could go for all three questions because it helps to become more aware of what you are eating and what you should eat.

I was doing the "work" on my own, so I may as well participate and get the rewards and information available thru the program.

To keep me motivated & to help me to develop some new habits which I would like to begin. Exercising more is one of them.

Trying it out- coworker nagged me
It’s fun and rewarding (as well as great reinforcement) to see progress. And it’s nice to get recognition for making healthy choices.

Need to eat healthier and this helps me keep track of what I am eating. Also need to lose weight.

To get the prizes!

to see how my habits compare to recommendations

It’s a great way to learn more healthy habits and clean up my eating, choose better exercises for my age and limitations *~* I just don't have the time to read everything out there, and books/magazines don't answer questions i may have a

To help stay on track for weight control.

**Question 3: What is the main reason you chose to participate in GTP?**

Rewards

Prizes

It is fun, helps me live a healthier lifestyle and I enjoy the prizes

To learn how to make healthier choices so that I can improve my health and feel better

I love the fact that it sparks my competitive nature and inspires me to work harder at improving my fitness and health.

prizes

I have a monetary incentive!

I like the incentive, but it helps me keep on track

For accountability. This helped me track and keep motivated to work on a more healthy lifestyle!

To foster better habits to improve my health.

The desire to stay aware of what I am eating and doing every month. The prize definitely helps.

Tracking activities and rewards
Prizes

cash reward!

because it was time

To learn more about ways to improve living healthy; also the incentives of prizes!

Loose weight and feel better. Lost 15 lbs so far and hoping for more over summer!

the prize incentive, but it’s really win/win because i feel better, i look better, plus i win a prize! so thank you!

It motivates me to work out and keep active.

Honestly? The Gift Cards. But I have learned a few things along the way!

Prizes

Maintain current lifestyle which should be healthy.

Venting ; )

As a way to track (and confirm) the healthy changes I have been trying to make in my life.

Logging in to GTP is a helpful reminder of the many simple daily choices you can make to be healthier.

Because I was participating in the WIN-WIN program and the two seemed to go well hand in hand.

To maintain and improve health. Incentives don't hurt either!

mainly the incentives

Wanted to learn some new exercise moves to use at the gym

I like to see my progress!

I like the prizes, it gives you incentive to actually get healthy

getting into a healthier routine and prize
I like seeing the points for some of the things that I'm trying to do - I will admit that I'm motivated by the possibility of a cash reward, but I do like having a "points goal" during the program to keep myself on a healthy lifestyle. "Reporting" makes me more aware of what I have done or not done. Help make me more aware, and the incentive.

team work

need the extra push to be more aware of my health

Participating in the program is just an added incentive to stick with my new habits, and maintain my new healthy lifestyle.

Getting healthier and losing 10 pounds.

Make me accountable.

Inspiration

Honestly, I participate primarily for the incentive rewards. I appreciate the program, but without the incentives, I would not be motivated to participate.

personally made me more aware of the value of food and excercise to my personal well-being

To help loose weight and learn more about what can help me be healthier.

To get healthy!

I like that I have a list of a variety of activities I can be doing to maintain a healthy, active life style.

I use GTP because it is available to me as an employee at UA.

to encourage taking better care of myself and my health, learn what I have control over and how to control it

I like the tracking mechanism, the monthly newsletters, the incentive prizes, and the opportunities for new suggestions to incorporate into an overall healthy lifestyle.

To track my food activity
Makes is easier to commit to exercising and more aware of eating a heather diet.

the incentives help me stay on track to make the right choice.

GTP combined with IHP sessions w/ Janice work for me. Janice is great at finding workouts I can do at home (or on the road) with minimal equipment to aid compliance when severely time stressed.

to stay active

Lose weight.

To help inspire me to become healthier

Incentives and some good advice

Incentives

honestly...the prizes and learning healthy habits from the website.

Keeps me on focus.

keeps me reminded to stay active and eat healthy

It keeps me on track. It gives me healthy options I would not have known about. THANK YOU!!

The cash card prizes are great motivation.

intentional process with incentives

I new I needed some type of incentive to improve my diet.

To track my health!

To get healthier. I really enjoyed Janice.

The prizes

To try and exercise on a more regular basis. It was helpful for me to see the amount of time i spent exercising in a week/month. Made me realize that i was not as consistent as i would like to believe i am... it was a reality check to see it on a cal

overall improve health
to become healthier

Well I believe it helps motivate me to be healthier but also the prizes are a great incentive. :)

accountability and a great reminder to stay on track w/eating & exercising

The incentives - I usually track on a different website, but use GTP for the cash cards, etc.

Accountability.

Healthier lifestyle.

To help keep me on a healthy track!

I needed some guidance in nutrition and exercise.

healthy life

Prizes added an incentive to keep on track.

The prizes, which i still screwed up on tracking.

To lose weight, know my numbers and get prizes :)

find ways to relieve stress, better health

it helps me hold myself accountable

keep active

Great benefits!

Force myself to stick with good and healthy habits such as drinking more water daily, using health foods, keep doctors' appointment, etc.

I give equal weight for obtaining a prize and more incentive to obtain my goal.

tracking of my eating habits.

To help offset the expense of exercising (gym membership & supplements.)
It made me think about what I was eating, which helps a lot! It’s also good to have some sort of prize/incentive to keep trying to be healthier. Thanks!

Trying to lose 20lbs that crept up on me over time!

Helps me keep track of everything

Well, I won't like...the prizes are very motivating! I strive to lead an active lifestyle anyways, and appreciate the rewards I've received!

Receive a prize for maintaining a healthy lifestyle.

It gives a regular check-in on status of developing healthy lifestyles, plus is a source of information on lifestyle choices, exercise techniques and how to stay on track. In other words, it provides a regular, almost day-to-day frame of reference for

It provides a money prize for something I do anyway

Accountability. It is so helpful for me to have someone to be accountable to other than myself; even just the online tracking provides a level of accountability. It helps me to be accountable to my own goals.

The timing is great - tracking healthy eating starting during the new year is perfect. GTP keeps me honest and reminds me to stick to fruits and veggies instead of sugary snacks. After the incentive period is over, I've already reset my bad habit

Healthier lifestyle, and, must admit, gift incentive was a motivator. But really glad I participated and started new healthy habits.

To improve my lifestyle and lower my cholesterol.

To improve my health!

incentives

Awards Incentive and wanted to get healthier and loose weight.

IHP accountability and self discipline.

to stay healthy as I age

Fortify my exercise and eating habits.
Mostly to compete with myself to see if I can do even a bit better.

I really like to track the exercise that I get along with the food. to loose some weight

A healthier life style AND the prizes.

Incentive to keep up the good habits I was learning in the WIN-WIN class.

for the inspiration

I needed to put on some weight and muscle as I had gone through a divorce and lost too much weight.

In the beginning, it was for the prizes. But, now that I have changed my habits, it is more for healthy eating.

Reality check for fruit and veggie intake (less than I thought unless I work at it).

To have more incentive to do healthy behaviors!

The financial incentives helped--I also liked seeing how quickly points added up for the things I was doing that are good for me!

The prize incentive, but also trying to be a little healthier in my everyday life. I also liked the stretch and tone (bands) class, even if I didn't go every time.

I found an interesting program that would give me the opportunity to receive support and help to pay attention to small details that could help me be more healthy

Money!

Keep focused and of course, the money was a good incentive, or reward for taking care of myself.

Healthier lifestyle

Incentives

I enjoy keeping track of my health, but the incentive prizes are a nice benefit!

UA condones this.

Reinforces the importance of exercise and nutrition. I never got my two-month prize. I hope I get this
It make me accountable and aware of what I am doing.

Prizes of course! It also really helps keep me health conscious when I sign in and report my progress.

Got information from the IHP consultant.

To keep track of fitness and food activities.

To help me do the exercise and eat the right foods.

Get back on track with my health and the prizes.

keeps me eating well and exercising.

Incentives

lose weight, healthy eating.

Helps with accountability when you have to enter your information.

Support for what changes I wished to make

I needed to track my lifestyle.

the money

I’m always looking for the latest in health and nutrition. The sessions I had with Janice were really valuable. Thank you!

It was fun

Accountability.

I think it’s great incentive to maintain a heathy lifestyle and make healthy choices.

motivation

incentives!

Journaling my exercise and nutrition activities to keep me on track with healthy habits.
To help keep me motivated to continue with a healthy lifestyle.

Accountability

To get healthier

Healthy lifestyle, I want to be able to play and carry my sweet little grandchildren around without difficulties.

Motivation

I wanted to change my eating and exercise habits.

It is fun to see if I can go for 25 days without drinking caffeine, or exercise, etc. ....the GTP really helps to keep me on track

I wanted to improve my health and lose a few pounds.

I knew that tracking my exercise regularly would inspire me to be more consistent in getting exercise.

I found out I was pregnant and wanted to be more conscious of my diet and exercise during pregnancy.

I want to be healthier. Making the daily recordings helps me track my progress.

Success with this program in the past. I lost a good amount of weight and have been able to keep it off for a while now. THANK YOU!

To solidify some life changes that I was considering. Well, and the prizes didn't hurt!

as an incentive to create a healthier lifestyle

help with awareness

Kept me exercising regularly and ate right.

For the money.

to be motivated to lead a healthier lifestyle

To have an accountability/tracking system to support a healthy lifestyle.

Reena's big smile convinced me to participate a few years ago and now I continue because it's helped
improve my health by increasing the amount of exercise I do and monitor my food intake which has reduced my weight and improved my cholesterol.

To keep track of my workout progress

guidance from a health consultant

the rewards (;) and to help me stay on track with my health

To keep on track and maintain a journal.

It is a great program for monitoring BMI, cholesterol throughout the year. Encourages me to make a plan and have some goals. Having to report to Renna over the past couple of years was good for helping me stick to the program.

To help track my activity

For the incentive prize, and because it helps support good health habits.

Habit, I do it every year as it is a good way to watch calorie intake in the winter.

Keeps me on track.

I all ready eat very healthy but it is a good reminder to drink lots of water and eat more vegetables and grains but I think I should get points for eating lean game meat also Thanks XXXX

I appreicate the reminders and tracking opportunities, they help me keep on goal. I also appreciate receiving significant cash card prizes. They are spent on healthy foods.

The incentive.

Stay healthy

Get the prize.

I like the coaching and the motivation the IHP consultants provide. I also like using the gift cards for purchasing health-related items (bike shoes, bike jacket and shirt, hiking poles, garmin heart rate monitor and gps)

The prizes

It keeps you motivated.
It's easy, it's convenient. I love the one-on-one sessions with my GTP advisor, they're really very helpful in defining goals and tracking how well I do at meeting them. Frankly, the first year UAF offered GTP I thought this is a sneaky w

I needed to get into shape once again and i trusted the company that put on the IHP meetings.

To get rewarded for what I already do!

Money! It's a huge incentive to know if I work out I have money on the other end to buy smaller clothes, workout gear, gym shoes, bike, etc.

incentives

get healthy

To get back on track with regular excercise

I joined because of the rewards, but now I'm in it for the health benefits.

To be in better health.

cash money prize

To get active and lose the baby weight.

I want to take advantage of all the wellness opportunities UAF provides. When used in collaboration, I experience a daily incentive to succeed.

Cash incentive.

Win the cash card

It provides more conscious awareness of my life choices.

To take my exercise.

talk with a nutritionist

Tracking

Maintain good health.
To lose weight & get into some type of a routine.

To have less stress in my life. And it worked! Thank you.

To help me change my lifestyle

Incentive. I like a challenge.

I turned 60 a year ago and want to stay healthy.

Motivated me to keep on eating healthy foods (no fat, etc.)

it makes me be more aware of what I am doing for my body.

The reward program.

To take better care of myself and earn rewards

Healthy living

Better health

To stay on track with eating healthy and exercise. The incentives are nice too :0)

I think it is a GREAT program. I am more successful sometimes (over the years it has been in place) than others, but that is only my issue, not GTP. But it has ALWAYS helped me in that it reminds me that..."oh yeah, I need to get more veggies and tak

I need the daily accounting.

Help with motivation and discipline

It reminds me to do what I need to do to engage in preventative health care and activities

To hold myself accountable

I don't like to track what I eat. Food tends to be my bigger hang up. Since starting the IHP sessions and GTP, I have worked physical fitness into my everyday life. I still struggle with making better food choices but I have made drastic impro

I like getting the external positive feedback and rewards for doing something good for my health. I like
getting the "goldstar"

free health education and support with incentives!

The Prizes. Yes, I should say my health, which would also be true, but money is a great motivator.

made me aware of how much or little of healthy foods I ate each day

Incentive to stay healthy.

Prize

GTP helps to keep me accountable for the daily choices I make regarding health & wellness!

To get the incentives to help cover some of the costs of my gym membership and Weight Watchers

Cash prizes help offset high insurance premiums

It is fun.
Maintaining new eating habits.

The prizes at first!

Prize!

To keep me motivated on being healthier

To stay focused on making changes to improve my health, fitness, and diet.

Better habits for improved health

I will admit that the first year I did this, the prize was the main goal but those have decreased in recent years and become less important. Since then (three years now), I have found that I like reminders/suggestions on health/body/mind activities t

Help for getting on track towards healthier choices

to be more mindful about what I eat.

For the assistance to stay focused and accountable.

To lose weight.
great tips on healthy foods, habits, etc

Because of the gift card incentive.

It gives me something to look forward to. I want to win the prizes so I’m really motivated to watch my weight. It inspires me and I love it!

Track fitness

incentives

the incentive gifts

It was nice to think I could get a prize for all the hard workout I do. Thanks!

Being accountable for your own health and the cash prizes.

The incentives

Because I was able to track my healthy habits and get a reward for them that I could put towards paying for health related items

The incentive prizes are a great incentive to motivate.

I had bad eating habits.

it motivates me.

I want to be more healthy and reduce my risk of diabetes and other weight related health problems

Custom health plan for free. The incentives.

To change the way I eat.

the cash

to know my bio-metric screening numbers and to track them regularly

To improve my fitness and geneal health.
I like to see healthy habits that I already have pay off :)

The prizes

To learn how to make healthy choices

It's good accountability for budding new habits- something to keep me motivated to stick with them until they are solidly ingrained in my lifestyle.

I needed a good prod, and logging in food and exercise is a good visual reminder.

improve my health

Wanted to establish and maintain an overall healthier lifestyle. Also wanted to learn tools to improve my diet/food choices and help me loose weight.

Healthiness, weight loss, and well being.

TO keep track of my eating habits and fitness goals. It provided a journal like entry process fo me to evaluate how active I have been and pay attention to what I am doing and eating.

To create healthy habits that help me lose weight and keep it off.

It helps me to see the value in all the positive things I'm doing to improve my health. It's also motivational.

To maintain and track my current health level, then shoot to get healthier and make healthier decisions

access to nutrition info/charts and to claim prizes for choosing healthy habits

Track my own progress

I NEED the outside accountability - to track (and the prizes are fun too)

To pay closer attention to what I'm eating and doing and have someone to keep me on track. Thanks!

#1. Prizes #2. it helps to motivate you more

Monitor my health & know my biometric numbers. The prizes are an incentive to do this. Thanks!

to be held accountable to someone for my health plan
To try to get back to where I should always be...consciously watching what is going into my mouth. Also, the reminders that food isn't the only criteria for a healthy life. Good habits such as water consumption, wearing bike helmets and seatbelts.

GTP provided an easy way to track what I eat and my exercise. By reporting in I felt more motivated to work hard and chose healthier options.

I realize as I get older that it is more important to actively work on a health lifestyle.

I want to be healthy physically and mentally so that I'm a better worker.

Prize

Accountability

Help monitor/track what I eat and how much I exercise.

prizes!

It's a good reminder of things to do to stay healthy.

To remain fit and healthy

GTP helps me to think about my choices. It helps me to hold myself accountable for those choices and reminds me to follow through. THANK YOU!!

coworkers talking about it...

to improve my well being.. at least I can improve my health or healthyness :) Even though the rest of my life seems beyond my control

for the prizes

incentives make it easier to stay on track with workout and eating goals

Rewards!

Trying to maintain a healthy lifestyle while doing a stressful job.

Financial incentives!
to make sure I'm keeping up with fitness

Weight Management

I like getting prizes and recognition for my efforts in being pro-active about my health.

I chose to participate in GTP because I am the type of person who needs reminders in order to maintain a healthy lifestyle. GTP helped to be that constant reminder. The incentive prizes don't hurt either :-) 

To learn new health related things it is my only input for such things and great prizes.

good health

to keep track of my exercise and the prizes.

prizes

Improve my health

As I get older it is more and more important that I keep exercising and pay attention to diet.

As I get older, I want to continue to maintain a healthy weight and exercise/activities to ensure a goal of not falling during AK winters! Also trying to lose weight when over 60 yrs of age is becoming more difficult--so GTP REALLY HELPS with this!!

staying healthy & out of the doctor's office!

Prizes. It is interesting and sometimes helpful to log my activity, but it is also time consuming - I probably wouldn't do it if it weren't for the prizes.

It's a great opportunity each spring to revisit basic wellness guidelines and reestablish healthy habits. I like working toward a reward and using it to reinvest in my fitness activities.

There is a lot to be said for being rewarded for trying to develop healthy habits!

It all comes down to accountability!

good way to track eating & workouts - accountability

Having an incentive to stay active and healthy.

holds me accountable for my own progress. :) definitely a huge motivator.
It helps me keep track of my meals and exercise to help me reach my goals.

GTP is a good motivational tool.

It's an opportunity to get paid for things I already do and it's also a chance to make sure I'm on track.

I like how it rewards you for the healthy choices that you make. :)

Track what I am eating and how much I actually exercise in a month. To figure out if I am improving each month.

Great health tracking.

To better track my food and water intake.

to make sure my overall health is good in between doctor visits

To keep track of my numbers: cholesterol, blood pressure, etc.

The daily recording is a good incentive to keep my diet and exercise more carefully. I like the prize money, too!

being reminded helps me reach my goals.

tracking my exercise and diet

incentives and healthy living.

motivation

The incentives get me to participate. The program reminds me to incorporate healthy habits in my day.

It makes me keep track of what I am doing and I can notice if I am eating consistently healthy or unhealthily.

to get healthier!

My health was getting bad.

prizes! I also think it is fun!
Prizes and the challenge of keeping healthy habits.

To eat healthier

It keeps me thinking about what I eat everyday. I find that I eat a lot of bad foods. GTP helps me stay accountable.

prizes for continuing my healthy choices

A tool to remind me to drink more water and eat my fruits and veggies daily.

Track my exercise.

Improve my health as I am having my first child and now want to do everything I can to be around as long as I can

I like being able to track my progress in an easy to use format. It holds me accountable.

The incentives and to be healthier.

I like the financial incentive to help pay my gym membership and I wouldn’t take Studio One Pilates classes without it. Thank you!

remind myself the healthy life style

Helps remind me to make healthy choices every day, not just when the pounds creep up!!

The prizes.

To monitor my health more often than a yearly physical will provide.

Though I already live a healthy lifestyle, this program allows me to recover a token of my outrageous health insurance costs, driven up by up by the greedy, lazy, and weak-willed.

To get healthy and to loose weight also improve my blood chemistry and biometrics. I have lost 35 pounds since last year.Dropped cholesterol by 51 points and now in normal range.

Lose weight and live longer.

I knew I needed it. I was 45 -50 pounds overweight, had become sedentary, my blood pressure was high, and I was disgusted with myself. Also the prizes helped for motivation.
Get healthier

Helps me to remember to make healthy choices.

It helps me to be accountable to another individual.

Website is full of information about healthy habits and attractive prizes!

To better my health while working out with friends and walking the dog!

Though I have gained from the program in terms of wellness, eating, and exercise awareness, it is the prize incentives that make me actually follow through and enter points.

For the incentive awards and health benefits.

To help keep me on track

Prizes

track my eating and activity lifestyle. I am more motivated to do the healthy activities and food choices when I log them in this system.

To continue my healthy lifestyle...

Prizes. I exercise frequently already.

better health and fitness

Accountability and great incentives!

Even though the money isn't my motivation now, it was what motivated me to begin with. Now I just like doing walks and other activities mid-way during the day and I think it actually improves my productivity. It was also useful to be able to re

It helps keep me on tracking and thinking about healthier habits. Incentives are nice as well.

It at least tracks what I'm doing already.

i want to live a healthier lifestyle

Health and Incentive accountability to do what I knew I should
Healthy eating habits, lose weight

To improve my health (and also the cash cards.

The prizes!!!!

It keeps me accountable to working out consistently and gives me new goals to work towards!

I know that I need to increase my regular exercise but this has not been enough motivation. Having the incentives has been helpful for me.

money

To get more range of motion back in my right shoulder. Later I added goals of full range of motion in all joints, increase stamina, lose weight and get off the heart med I was on temporarily.

The incentives

Increased both short-term and long-term health benefits, awareness, strength, endurance and mobility.

I participate in GTP because it helps me track my diet and exercise, keeps me honest and helps to support my intention of staying healthy and fit for the rest of my life.

To become more healthy. I had a kidney stone and infection episode that helped me realize I needed to change; and I looked to GTP to help me get on track and stay there.

Beter health

track healthy

To see how my overall health was doing from the inside cause I had no idea

the routine is helpful to me

Incentives

Better health....

money

The free money.
I like getting rewarded for my healthy choices. I am a big fan of all the WIN programs.

obtain new food choices

Improve my health

Now I am paying more attention to my eating habit and more exercise
improving health and earning rewards

To stay healthy, active and happy.

It helped me keep track of what I am already doing, and make sure I am balancing exercise with overall wellness.

Prizes

For the reward and to keep on exercising.

For prizes :X

To get in shape!

The prizes!

To be happier and healthier...

great rewards for working out and eating healthy! Love it.

For extra motivation to eat right...and feel better.

To live a healthy lifestyle - the program helps me stay motivated.

Get the prizes.

Proactive health choices go farther towards overall health than treating symptoms of poor health through the use of doctor visits and prescription drugs.

Monetary incentive

It help me to stay on track in my journey to be more healthy and to take better care of myself.
Stay motivated

It's good for me. Being available in my building means I go.

Helps me think about health behaviors

To keep me on track with my exercise, water consumption and eating healthier.

To maintain a daily workout regime and get motivated.

To become healthier

To establish a more healthful routine.

Stress reduction & overall fitness

My wife and I did it together.

It's fun!!! And the money too doesn't hurt :)

healthy lifestyle! (great prizes too!)

To lose weight...

It helps me set goals and keeps me on track.

Improve health

Prizes.

improve my health

Gift cards

Wanted to jump start my exercise and healthy eating this winter and stay on track. This program helped me stay focused and not get lazy.....

To lose weight and tone up.

incentive prizes and helping me notice if my habits are healthy. but to be honest, it's mostly the prizes.
I aim for a healthy lifestyle. Might as well get the prizes!

Improve my health and track my progress

Motivation! This program was the motivation I needed to get off the couch and become active. My doctor has commented on my good health for my age and says to keep up the good work. Thank you for this program.

Reinforce healthy habits.

The incentives.

Everyone could use a little push (and a nice incentive) to get headed in a healthy direction!

Keep on track with food and exercise and the incentive prize.

The program provides a great incentive to develop and maintain good habits.

The incentives.

Split between the money and it helps me keep track of my habits.

weight loss and lower my blood pressure.

It helps me focus on ways to improve my health.

To get healthier and earn prizes while doing it.

The prizes, although I have enjoyed other benefits from it as well. Because it helps me keep track of my fitness goals and also offers incentives, which I use to buy myself items that keep me motivated to do exercise and stay healthy (gear, clothing, etc.)!

Middle age ;)

help tracking when I have bad habits occur

For accountability.

past experience

Improve health
It is a good tool to measure how I am doing in regards to lifestyle.

improve health

For a healthier lifestyle

Prizes

For the prizes, but now I like to use it as a reminder for some of the annual, or other health and safety things I need to do.

Added motivation to continue training.

Because it is fun and the results are great!

The answer above could go for all three questions because it helps to become more aware of what you are eating and what you should eat.

health awareness

Earning prizes helps me focus on making changes to lead a better life and easy use for tracking daily choices.

I like to keep track of my exercise and win prizes. I like to win.

Monitor myself

It helps me to stay on track.

I like the prizes.

Motivation to stay in my exercise program.

Health Awareness

To get in the habit of tracking what I eat.

I was doing the "work" on my own, so I may as well participate and get the rewards and information available thru the program.

To keep me motivated & to help me to develop some new habits which I would like to begin. Exercising more is one of them.
It was a free service in which I could get direction and help in modifying my lifestyle and diet to improve my health. Mostly I could talk to a person face to face, which is much more valuable than any other plan UAA has come up with to date.

The tracking keeps me focused on a daily basis. Plus the cash incentives!

For fun incentives and to become more health consience.

Trying it out- coworker nagged me

I like the prizes, it pays to be healthy

It's fun and rewarding (as well as great reinforcement) to see progress. And it's nice to get recognition for making healthy choices.

Need to eat healthier and this helps me keep track of what I am eating. Also need to lose weight.

To get the prizes!

to see how my habits compare to recommendations

I needed to make changes in my life and having a little motivation through different goals has been a definite help!

It's fun and a nice reminder of all things healthy.

prizes mainly

To have an incentive to eat healthier and exercise more

Changing my eating habits

It's a great way to learn more healthy habits and clean up my eating, choose better exercises for my age and limitations *~* I just don't have the time to read everything out there, and books/magazines don't answer questions i may have a

To help stay on track for weight control.

To be healthier

Healthy living
Extra incentive to make healthy choices

My wife made me. Wife explains: The incentives were the main draw, but the health benefits from participating are worth the effort!

Accountability to myself and IHP consultant.