Weight Watchers at WKU

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WKU Employees are taking advantage of an opportunity to live healthier and lose weight in the process.

Amy Bingham explains in this week’s View from the Hill.

Almost four thousand pounds. That’s how much weight more than 350 employees at WKU’s Bowling Green and Elizabethtown campuses have lost since joining Weight Watchers twelve weeks ago.

 “I’ve lost 16.8 pounds so I’m halfway to my goal.”

Alex Kennedy is singing the praises of Weight Watchers.

 “I tried healthy eating and dieting before and it just didn’t work for me. So I decided I’m gonna try weight watchers and I really jumped in and stuck to the plan.”

Since early February, Alex and 349 other WKU benefit eligible employees have rallied around each other, weighing in and attending meetings on campus.

 “The meetings are really fun for me. I like hearing other people’s great ideas on what I can do to eat better.”

Leaders say it’s that support and sharing of information that helps them stay on track.

 “The commaraderie, knowing someone has been in the same boat you have, knowing someone fell off the bandwagon like you have, you did it this way, I’ll try it this way.”

And it’s working, the employees have lost a total of nearly four thousand pounds collectively and not only that, its been at no charge.

Employee Wellness Manager Wade Pinkard says the Top Life Wellness program is covering the sponsorship costs.

 “We felt strongly that if we removed those two barriers, the time restraints and the cost, that employees would be interested in the program.”

Many say learning the Weight Watchers point system has been a wake up call about their food habits.

 “Portion control was my big struggle. I didn’t understand that before I was eating for five people. “

 “Learn to shop, learn to cook, to be in control and find out what works for me.”

 “I get emails and personal thank yous every day from employees that are participating in the program. How much they appreciate having the benefit and us offering the program at work.”

Completing the twelve week program allows employees to meet one of their incentive options in their Top Life Wellness campaign, which is part of WKU’s 2015 health care plan.

The next Weight Watchers session begins the week of May 18th.

With this week’s View from the Hill, I’m Amy Bingham.

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