



CITY MANAGER'S CHALLENGE

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WELLNESS COMMITTEE

- Rose Ray*
- Jami Rogers*
- Samuel Brady*
- Amanda Cook*
- Tiffany Dunkley*
- Cendy Espinoza*
- Veronica Gentry*
- Susan Gottschalk*
- Marty Lawrence*
- Samantha Martinez*
- Jennifer Palmer*
- Tracy Pethick*
- John Ragland*
- Claudia Rodriguez*
- Ashley Taylor*
- Natalie Valle*
- Jenny Wells*

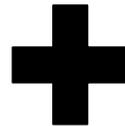
I need to lose a few pounds for this year. I can try to do it by myself and have little to no success or I can join with my fellow employees to do it together. Studies show that weight loss, and especially sustained weight loss, is best accomplished through joining with others in the effort. You can start on this journey with us by taking part in Lighten Up East Texas at the Glass Recreation Center from January 3 to the end of February. The weigh-in is the first step to the program, and to incentivize your taking part, I've donated my \$50 gift card to Brookshire's as a prize drawing. For those who participate in the weigh-in, they'll be entered in the drawing. So, now you have one more reason to join in and work together to make ourselves healthier and stronger for 2017.

City Manager,

Ed Broussard

In order to qualify for the \$50 Brookshire's gift card prize drawing, you must weigh in at the Glass Recreation Center anytime between Tuesday, January 3 and Tuesday, February 28.





BEGINNING JANUARY 9, 2017

TAKE THE

Lighten Up East Texas Regional
Weight Loss Challenge

& STEP UP TO

The IT'S TIME TEXAS Community Challenge!

Want to win the Lighten Up East Texas grand prize
& an \$1,800 health grant for your community



Step 1: Register for the IT'S TIME TEXAS Community Challenge on (or after) January 9 at: www.ittcommunitychallenge.com and select your home community.

Step 2: Track your weight weekly on the Community Challenge website. You can earn additional points for your community by participating in other healthy Community Challenge activities!

Step 3: Take a screenshot of your final weight loss on March 31 to submit to Lighten Up East Texas and visit a weigh-in location in May to prove your progress.

Questions: Contact Terrence Ates: tates@netphd.org



Official Rules & Regulations

Lighten Up East Texas Regional Weight Loss Challenge

No purchase necessary. Void Where prohibited by law. Only one entry per person.

The entry period for the **Lighten Up East Texas** regional weight loss challenge will begin on Monday, January 2, 2017, and will run through the end of February 2017. All persons who enter a starting weight will then return during the first week of May, so that their final weight can be obtained.

Weighing locations are listed on LightenUpEastTexas.com. However, city employees must weigh in at the Glass Recreation Center in order to be eligible for the \$50 Brookshire's gift card drawing.

To be eligible for the random prize drawings, a person must abide by the following rules:

- 1) At any designated **Lighten Up East Texas** weighing location, each registrant must have their first weight recorded anytime between Monday, January 2, 2017 and Tuesday, February 28, 2017. Final weights will be obtained between the dates of Monday, May 1 through Friday, May 5, 2017.
- 2) Every person must have their initial and final weights recorded at a designated **Lighten Up East Texas** weighing location. Each person's registration information will be collected and entered into our database. Persons who participated in previous years of **Lighten Up East Texas** will need to provide their contact information again.
- 3) Persons must be weighed on a scale that is approved by the administrator of each weighing location. Each person is advised to wear lightweight clothing and maintain modesty in appearance. Removing shoes, jewelry and personal accessories is not mandatory for a valid comparison of weight loss that may not be achieved at the final weigh-in.
- 4) Each person's weight must be seen and verified by the administrator and/or an employee of the respective weighing location before it can become registered.

Eligibility for the random individual prize drawings will be based on the percentage of body weight that is lost between each person's initial and final weights; an entry will be earned based on every five percentage points (5%) of weight that is lost between the initial and final recorded weights. A maximum of four entries (20% of weight loss) can be earned. Calculated differences will not be rounded.

Odds of winning depend on the number of eligible entries received.



HEALTHY RECIPES



Strawberry Santa Hats

It doesn't get any easier or more fun than strawberry Santa hats.

First of all—no baking. If you are like me, you are sick of baking after the first 2 dozen cookies, so these come as a relief.

Secondly, these are far healthier than your regular cookie

Ingredients:

1 lb. strawberries, washed and patted dry with paper towels

1/4 cup white chocolate or white candy melts

1/4 cup unsweetened coconut

8 mini- marshmallows, sliced in half

Directions:

Line a baking sheet with parchment paper. Slice the hull off the strawberry to make a flat base. Heat the white chocolate in the microwave at half power for 20 seconds until melted in a small bowl. Place coconut in a small bowl and dip the flat end of the strawberry, first in the chocolate, then the coconut. Place on the baking sheet. Repeat.

Dip the half of marshmallow in the chocolate and place on the tip of the strawberry. Place in fridge for 10 minutes and enjoy. Can be made 1 day ahead.

Serve these at a brunch or for dessert. I love to make these with the Christmas cookies so that I encourage my children to eat some fruit.

Calories: 48 each

Servings: 15

Do you have a question about the City of Tyler benefits? Would you like to submit a health-related article for the newsletter? Maybe you have a healthy recipe you would like to share. Please submit your ideas and/or questions to jrogers@tylertexas.com.