

# Hyatt Regency O'Hare and the AHA

- Utilized the *AHA Food & Beverage* Toolkit to enhance Colleague dining room and created healthier colleague dining experience.
  - Brown rice in place of White rice
  - Whole wheat Pasta
  - Eliminated French Fries
  - Enhanced salad bar
  - Grilled chicken available daily
  - Thoughtful menu planning
  - Eliminated heavy use of mayo in salads
  - Switch to healthier cooking oils
  - More fresh vegetables and fresh fruit available

Inspiration through competition  
*Be your Best Challenge*

HYATT REGENCY O'HARE



**BE YOUR BEST**

# HRO'S BE YOUR BEST 90 DAY WEIGHT LOSS CHALLENGE

**KICK OFF RALLY: FEBRUARY 1<sup>st</sup> 3:30 – 4:30 in Florence**

**INITIAL WEIGH IN: January 30<sup>th</sup> to February 1<sup>st</sup> 8am – 4pm in HR**

**You MUST weigh in from 1/30 – 2/1 to be eligible to participate**

**FINAL WEIGH IN: MAY 1<sup>st</sup>**

**Weigh Ins will take place every OTHER Thursday & Friday**

**February 16-17, March 2-3, March 16-17, March 30-31 & April 13-14**

**\*If you miss a weigh in you will no longer be eligible for cash prizes**

**Sign Up in HR with your secret name any time before 2/1**

## **PRIZES**

**The top 3 Males and top 3 Females with the highest PERCENTAGE of weight loss will receive CASH PRIZES**

**First Place Male & Female  
\$500 each**

**Second Place Male & Female  
\$200 each**

**Third Place Male & Female  
\$100 each**

## **WHAT TO LOOK FORWARD TO DURING THE CHALLENGE**

**Fitness and yoga classes**

**Introduction of Krunchies, the colleague fitness center**

**Healthier options in munchies**

**Updated results posted bi weekly**

**Individual prizes at each weigh in**

HRO'S  
**BE YOUR BEST**  
**WEIGHT LOSS**  
**CHALLENGE**  
**KICKOFF**  
**RALLY**

**FEBRUARY 1<sup>ST</sup> - 3:30PM**

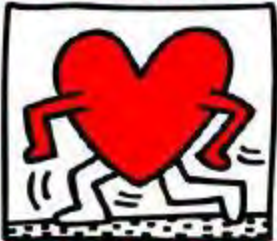
**HYATT REGENCY O'HARE**



**LAX**  
**ENTRY LEVEL**

**A CHANCE**  
**TO WIN**  
**RAFFLE**  
**PRIZES!**

HYATT REGENCY O'HARE



**BE YOUR BEST**

## HRO's 2017 BE YOUR BEST WEIGHT LOSS CHALLENGE

NAME	INITIAL	Feb. 17	Mar. 3	Mar. 17	Mar. 30	Apr. 14	FINAL
Current Weight							
% of Total Weight Loss							

## WEIGH – IN #4

### **WINNERS**

#### Female

Rosa Salvaje

4.37% loss

#### Male

Pfeif

3.15% loss



1<sup>st</sup> Place for Male &  
Female will each receive  
a \$25 Gift Card!

# Top Weight Loss Winners

## Female

Rosa Salvaje 4.37%  
Ruth 3.42%  
Tita 2.27%  
Snickers 1.86%  
Daisy 1.73%  
Begonia 1.22%  
Keke 1.19%  
Mariposa 1.06%  
Dorothy 1.03%  
Perla 1.01%



## Male

Pfeif 3.15%  
Butch 2.78%  
Charlie Brown 2.24%  
Little Foot 1.56%  
Tony Fiore .80%  
Derf .40%

**JOIN US FOR  
YOGA**  
VENTANAS

3/16

5:15<sup>PM</sup>

PLEASE RSVP TO  
HR 24 HOURS BE-  
FORE START OF  
CLASS



**JOIN US FOR  
KICKBOXING**  
MARCH 15th

5PM

O'HARE  
BALLROOM

PLEASE RSVP TO  
HR ASAP



**BOOTCAMP**



READY TO HAVE SOME FUN?  
**COME JOIN US FOR  
SALSA DANCING!**

Come learn how to  
salsa dance for  
**FREE**, taught by our  
very own **SHERECE!**

WHEN: **July 25<sup>th</sup>**

TIME: **4pm**

WHERE: **O'Hare Ballroom**

MORE FUN ACTIVITIES COMING SOON.....



# CRUNCHED GYM PIES

— Becoming our best. Down to the Core. —







# You're invited!!

## Hyatt Regency O'Hare's 2016 Health & Benefits Fair

**When:** August 5<sup>th</sup>, 2016

**Time:** 2:00 – 5:00 PM

**Where:** International Ballroom



*Stop by Florence from 11:00am – 3:00 pm  
to participate in the blood drive!*

**There will be local businesses,  
representatives from all unions and  
raffles!**



You are welcome to bring a family member with you to learn all about the great benefits you are eligible for by working for Hyatt, please sign them up in HR.



### Hyatt Regency O Hare - Rosemont Blood Drive

**Friday, August 5<sup>th</sup> ~ 11:00 a.m. - 3:00 p.m.**

Please schedule your appointment online at [www.heartlandbc.org](http://www.heartlandbc.org) or call Tayler Cross at [tayler.cross@hyatt.com](mailto:tayler.cross@hyatt.com).

Appointments preferred – Walk-ins welcome.

**PHOTO ID REQUIRED.**

Student donors 16-21 years of age will receive a Free Waterpark Pass for Raging Waves!

Every donor will receive a FREE T-Shirt!

Your donation saves up to 3 lives and can help:  
Cancer Patients: up to 8 units per month  
Motor Vehicle / Gun Shot Victims: 50 units  
Liver Transplant patients: 100 units  
Newborns and community members needing surgery.





# Valentine's Heart Healthy Bake Sale

Purchase with cash or payroll deduction in Munchies from 11AM-2PM Monday, February 13<sup>th</sup>-14<sup>th</sup>



Whole-Wheat Berry  
Banana Bread

Double Chocolate  
Zucchini Muffins



Chocolate Covered  
Strawberry Trail Mix

All Proceeds Will Benefit



American  
Heart  
Association





More Health and Wellness initiatives



# Farmer's Market

When: Friday, July 22<sup>nd</sup>

Time: 1PM-4PM

Location: Outside Employee Entrance

Come join us to purchase fresh produce!

**\$\$ CASH ONLY \$\$**





HYATT®



WOMEN

**Women@Hyatt Chicago** and the American Cancer Society are excited to invite you to a lunch and learn!

Please join us for lunch during an informational presentation by Dr. Claudia Perez, breast cancer surgeon with Loyola Medicine.

O'Hare Ballroom  
Thursday, October 13<sup>th</sup> from 12pm to 1pm

All Hyatt colleagues are invited to attend! Register via the Eventbrite link below or contact Erin in HR.

[Click here to sign up!](#)

The event is free but we will be asking for donations. 100% of all proceeds will be donated to the Making Strides Against Breast Cancer Walk on October 15<sup>th</sup>.

RSVP by Monday, October 10<sup>th</sup>!

## DBRG Involvement



THANK YOU



HYATT  
REGENCY™