

Maintain, No Gain!

Holiday Wellness Challenge

“The average American will gain unwanted pounds during the holiday season!”

This 6 week wellness challenge is designed to:

- ◆ Encourage healthy nutrition choices
- ◆ Encourage physical activity
- ◆ Assist you with enjoying the holidays

Who can participate?

Anyone interested in not gaining weight during the holidays and is ready to learn and practice healthy lifestyle changes

What do you have to do?

- ◆ Weigh in weekly on Wednesday in Wellness Office
- ◆ Receive healthy living tips and information
- ◆ Track your activity and fruit and vegetable intake
- ◆ Maintain your weight within 2 pounds of the initial weigh-in
- ◆ Weigh out on Monday January 3rd.

Program Dates:

- ◆ Initial Weigh in – November 18th
- ◆ Weigh Out – January 3rd

