



MAINTAIN DON'T GAIN

Here's to healthier holidays

This holiday season, take charge of your weight

Most Americans gain an average of about 1 pound during the holidays.* While this may not seem like a lot, they usually don't lose it. And over time, it adds up.

To help you beat the odds this year, we've teamed up with Kaiser Permanente to bring you Maintain Don't Gain. It's an 8-week program that can help you stay focused on eating healthy and fitting in exercise – so you can keep off the extra pounds.

During the holiday season, you'll receive 8 weekly emails. These emails will include challenges, tips, and resources to help you maintain your weight. You can also put your commitment in writing by signing a pledge with your co-workers. You should receive this pledge before the program begins.

**Sign it, and start working toward a brighter,
healthier season!**

*National Institutes of Health

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