



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. This year, we want to help you keep the extra weight off in the first place – so you won't have to worry about losing it.

Celebrate a healthier you

To help keep you from putting on holiday pounds, we've teamed up with Kaiser Permanente to bring you Maintain Don't Gain. It's an 8-week program that offers you weekly challenges, tips, and resources to help you stay on track.

Start now. Stick with it. And stay healthy!

Program kickoff:

Get active! Manage your weight by joining the program and tracking your progress every week. You can also put your commitment in writing by signing a pledge with your coworkers. Look for your weekly personal tracker in an email coming soon.

*National Institutes of Health

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232

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