

MAINTAIN DON'T GAIN

Here's to healthier holidays



This holiday season, take charge of your weight.

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.

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