



MAINTAIN DON'T GAIN

Your healthy holiday pledge

As part of Maintain Don't Gain, we encourage you to promise to add healthy habits to your life so you can avoid gaining extra holiday pounds. It helps if you can find friends and co-workers who will share your goal. Start by taking the following pledge together.

.....

We pledge together that we will enjoy this holiday season without gaining weight. We promise that we will do our best to:

- Choose foods that are good for us.
- Eat healthy portion sizes.
- Move as much as we can.
- Manage our stress.

From this day on, we commit to finishing the year off right by taking care of ourselves and maintaining our weight.

.....

MAINTAIN DON'T GAIN

Your healthy holiday pledge

Signatures:

.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....