

Mayflower Municipal Health Group

“Maintain Don’t Gain”

“Maintain Don’t Gain” is a 6 week challenge to not gain weight during the holiday season through healthy eating, physical activity and stress management.

The average person gains between 2– 5 pounds between Thanksgiving and New Year’s Day. The weather is colder, we exercise less and there is comfort food everywhere! There can also be added stress. But, adding pounds during the holidays is not inevitable. It’s time to make a plan to enjoy the season and not gain weight.

Join the Maintain Don’t Gain Challenge this November and resolve to get a head start on your New Year’s Resolution to eat better, exercise more and stress less!

Holiday Challenge 2013

Sign up Now!

WIN PRIZES



***Grand Prize Raffle– January 10, 2014**

~\$40 Trader Joe’s Gift card

~Oster 10 Speed Blender

~OXO Salad Spinner

~Yoga Mat

~Yankee Candle

~ (5) Wellness Gift Bags

***Surprise Weekly Prizes!**

~Read your weekly email and you could win other special prizes!

***All registered participants who turn in a scorecard by January 9th are eligible for the Grand Prize Raffle to be held on January 10th.**

Challenge Program Details

Who Can Enter? You!

All employees of MMHG member units and their spouses can participate. There is no cost.

Starts: November 25th

Register now, get your scorecard and weigh in at home. We’re using the honor system!

Ends: January 7th

Turn in your scorecard by January 9th to be entered in the grand raffle.

MMHG Maintain Don’t Gain
Holiday Challenge 2013

**Registration Form—
return to your wellness
coordinator or send to:**

MMHG
PO Box 3390
Plymouth, MA 02361
Fax: 774-773-9403
E-mail: wellness@mmhg.org

Name _____

Email Address _____

Member Unit _____

Join MMHG Wellness on [Facebook](#) and [Twitter](#)!
Check us out at www.mmhg.org

Once you’re registered you’ll receive a scorecard to log your progress. You’ll also receive weekly motivational emails with healthy holiday eating tips and recipes, ideas for “fitting in” exercise, and ways to help you maintain balance and reduce stress during the busy holiday season.

