

Avoid Holiday Weight Gain with The Holiday Challenge



The Holiday Challenge is a fun way to help you avoid holiday weight gain. Everyone can participate — whether you want to maintain your current weight, lose a few pounds, or pick up new strategies to eat smart and to move more.

November 21st – January 2nd

The Maintain, Don't Gain Holiday Challenge is a FREE virtual challenge that includes:

- Tips and resources to help you maintain your weight throughout the holiday season
- Weekly newsletter full of tips, ideas, and recipes sent to your inbox
- Weekly weight check

Maintain your weight and be entered into a drawing for **PRIZES!**

For more information or to register:

Belinda Rayner

910-814-6196 or

www.surveymonkey.com/r/HCHDHolidayChallenge

Registration deadline: Friday, November 17, 2023

