



No Weight Gain Contest 2015-16

DON'T WAIT FOR NEW YEAR'S RESOLUTIONS

Practice healthy habits that support weight management and reduce your stress over the holidays. This self-directed holiday program runs from **Nov. 16, 2015 to Jan. 15, 2016**.

Your goal is to maintain your weight during the holiday season so that no more than 2 pounds is gained. Weight loss is encouraged, but not required.

Sign up! *Join the No Weight Gain Contest.*

Weigh-in! *Attend a weigh-in event or weigh yourself by Nov. 20th.*

Read! *Receive weekly emails with lots of holiday health tips.*

Record! *Stay on track with your Weekly Personal Tracker.*

Weigh-out! *Attend a weigh-out event or weight yourself by Jan. 15th.*

Report! *Complete the Certification of Completion Form to turn in your results.*

BENEFITS AND INCENTIVES FOR PARTICIPATING

Here's what you'll get by participating in the No Weight Gain Contest:

- Weekly emails with healthy recipes, tips and strategies for adopting and maintaining healthy behaviors, recipes, stress management tools, physical activity suggestions and encouraging messages to keep you going.
- A chance to win prizes!
- **Healthy Lifestyle Activity Points** based on your weight loss success.

All participants who sign up for the Challenge by **Nov. 20th** will receive a small gift.

All participants to complete the weigh-out by **Jan. 15th**, regardless of their results will be entered into a prize raffle.

Those participants who successfully complete the challenge by maintaining (within 2 lbs.) or losing weight will be entered into a grand prize raffle for one of twenty **\$100 Corporate Reward gift cards**.

Prizes include:

- Recipe books
- Portion plates
- Lunch bags
- Salad shakers
- \$5 Target gift cards
- And more...