



No Weight Gain Contest



Welcome Letter

The average American will gain 8 to 10 pounds during the holiday season! This 8 week program is designed to encourage stress management tips, healthy food and beverage choices and ways to include physical activity into your daily routine during the holiday season. The challenge officially begins in November, but you may weigh-in any time. View the **Weigh-in Schedule** at a worksite near you if you decide to participate with your co-workers. Otherwise, weigh-in at home to begin.

Goal

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

Incentives

Earn [Healthy Lifestyle Activity Points](#) (HLAP's) based on your success.

| Challenge | Guidelines | HLAP's | Grand Prize Drawing Entries |
|-------------------|---|--------|-----------------------------|
| All participants: | Weigh-in Weigh-out Not gain weight (within 2 pounds of initial body weight) | 20 | 1 |
| Weight Loss | Lose between 2% and 4.9% of initial body weight | 25 | 2 |
| Challenge: | Lose 5% or greater of initial body weight | 30 | 3 |

Grand Prize

If you maintain or lose weight at the end of the contest you will also be entered into the grand prize drawing for one of **twenty \$100 gift cards** that can be redeemed online for incentives and rewards. The number of entries into the drawing will be determined by your total percentage of weight loss at the end of the contest.

Yule Log

The Yule Log has 8 challenges you can complete each day to earn points. Once you've completed all the challenges you've chosen, submit your total points to receive a special prize.

Have a Happy and Healthy Holiday Season!

