

Maintain, Don't Gain

AN INDIVIDUAL WELLNESS CHALLENGE TO MAINTAIN WEIGHT THROUGH THE HOLIDAYS.

NOVEMBER 22nd - JANUARY 2nd

REGISTRATION DEADLINE: WEDNESDAY, November 22nd

THE WEIGHT YOU ENTER AT REGISTRATION IS THE BASELINE WEIGHT FOR YOU TO MAINTAIN THROUGHOUT THE HOLIDAYS.

- **TO REGISTER**, click here: [**MAINTAIN, DON'T GAIN: Registration Link Only**](#) (NOTE: This link is for registration only. Your Log In Link, after registration is complete, is listed below.)
 - From this registration link: *create an account or log in.*
 - Click on **Maintain, Don't Gain**. There are not community teams or sub-teams for this program. (This is not a competition. It is an *individual* wellness challenge.)
- **TO LOG IN** during the program (*once you are registered*), use this link: [**MAINTAIN, DON'T GAIN: Log In Link**](#) (Please save this link, so that you can log in throughout the program.)
 - To participate, simply log in at least once per week, to record your weight in order to keep tabs on your progress and to stay motivated.

Please note: Weight loss or gain will be indicated on the platform as percentages (not pounds). Percentages lost or gained may be visible to all participants of the program.

- Individuals weighing the same or less on January 2nd than their recorded weight at registration, will be entered into a raffle for a FitBit & SpaFinder Gift Cards.

-At the halfway point, there will be a raffle for Fitness Kits for all Individuals who have participated (logged in to record their weight) since registration.

Please contact Michele Bredice Craemer, WSHG Wellness Coordinator at mbcraemer@gmail.com with questions. Enjoy happy & healthy holidays!

**** This challenge is based on the honor system.****