

Maintain, Don't Gain

**AN INDIVIDUAL WELLNESS CHALLENGE TO MAINTAIN WEIGHT THROUGH
THE HOLIDAYS!**

November 22nd - January 2nd

(Registration Deadline is November 22nd)

- ~ Register through the platform to keep tabs on your weight through the holidays.***
- ~ Sign up via email to receive weekly motivational and weight management tips sent directly to your in-box.***

Please click here: [Maintain, Don't Gain](#) to register and record your progress in the Challenge Runner Platform.

Please send your email here: mbcraemer@gmail.com with "Maintain, Don't Gain Emails" in the subject line, to sign up for weekly motivational and weight management tips.

A raffle will be held for all individuals who maintain their weight!

If your weight is the same or less on January 2nd, please email mbcraemer@gmail.com (by January 3rd) to be entered into the raffle for **Massage & Muscle Recovery Kits.**

Happy, healthy holidays!