



# HOLIDAY CHALLENGE

## MAINTAIN. DON'T GAIN.

Challenge yourself to maintain your weight this holiday season! We'll help by providing tips and tricks to help you succeed. Gain NO MORE THAN 2 LBS and receive a prize - PLUS, be entered into a drawing for one of three \$25 gift certificates.

Visit [www.manateeyourchoice.com](http://www.manateeyourchoice.com) for more info.

### 1. REGISTER ONLINE

[www.manateeyourchoice.com/register](http://www.manateeyourchoice.com/register) or see your Wellness Champion - you will choose your preferred prize during registration.

### 2. WEIGH IN OCT. 22-26

Contact your Wellness Champion.

Or, weigh in at the Fitness Center:

- Mon, Oct 22<sup>nd</sup> 11:30a-1:30p & 4p-5:30p
- Tues, Oct 23<sup>rd</sup> 7:30a-9a & 11:30a-1:30p
- Wed, Oct 24<sup>th</sup> 7:30a-9a & 11:30a-1:30p & 4p-5:30p
- Thurs, Oct 25<sup>th</sup> 11:30a-1:30p & 4p-5:30p
- Fri, Oct 26<sup>th</sup> 7:30a-9a & 11:30a-1:30p

### 3. WEIGH OUT JAN. 3-11

Contact your Wellness Champion.

