

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 2lbs and you'll receive a LIMITED EDITION YourChoice Cookbook!



1. REGISTER ONLINE

manateeyourchoice.com/register

2. WEIGH IN OCT. 23-27

Contact your Wellness Champion.

Or, weigh in at the Fitness Center:

- 10/23: 9a-2p; 3p-5:15p
- 10/24: 7a-5:15p
- 10/25: 9a-3:30p; 5:30p-6:30p
- 10/26: 7:30a-2p
- 10/27: 7a-4p

3. WEIGH OUT JAN. 8-12

Contact your Wellness Champion.

Or, weigh out at the Fitness Center
(Times TBD).

Complete this challenge to stay on track with your Yweight goal! (Note: This is NOT your weigh-in/out for the Yweight Program.)



Manatee YourChoice Health Plan | www.manateeyourchoice.com
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