Maintain Don’t Gain
HEALTHY HOLIDAY CHALLENGE

Give yourself the best gift this holiday season!

Take the Healthier U “Maintain Don’t Gain” Healthy Holiday Challenge
(November 21 – January 1)

“Maintain Don’t Gain” Healthy Holiday Challenge is a six-week program designed to help you eat smart and move more, so you can enjoy all the holidays have in store!

Here’s how it works:
• Register between November 18-24 online (link below), or by sending an email to healthieru@stonybrook.edu
• As a participant, you’ll receive weekly e-mails with helpful points on eating right, being active and managing stress.
• Weigh in during the first week and the last week of the challenge.
• If you maintain your weight (within 1%), you’ll be entered into a raffle to win some great prizes!

http://www.stonybrook.edu/healthieru/programs/maintain_dont_gain.html