



**Maintain -
Don't Gain**
*Holiday
Challenge*

Did You Know? *The average American gains between 2–5 pounds over the holidays and doesn't lose the weight after the holidays are over.*

Our challenge to you is to maintain your weight (within 1 lb) over the holidays.

Each person who is successful in maintaining their weight (within 1 lb) from October 6–December 31 will receive a prize!



START DATE: Tuesday, October 6

END DATE: Thursday, December 31

LOG SHEET DUE: Monday, January 6

REGISTER NOW: Click [HERE](#) to Register for the Challenge OR CONTACT Sarah Williams at (704) 832-2329 or swilliams@co.iredell.nc.us!

Maintain, Don't Gain Holiday Challenge

What is the "Maintain, Don't Gain Challenge"?

Most Americans gain weight over the holidays that they don't lose after the holidays are over. Our goal for you with this challenge is to maintain your weight (within 1 pound) over the holidays. It is much easier to keep the weight off than to try to lose it. This challenge normally focuses on the Thanksgiving and Christmas holidays, but we are starting earlier to include the Fall season.

How Does the Maintain, Don't Gain Challenge Work?

1. Register for the challenge by October 6th.
2. Weigh yourself. It is recommended that you weigh with minimal clothing first thing in the morning. Record that weight for week 1. You will weigh yourself wearing roughly the same amount of clothing, at the same time of day, using the same set of scales each week of the challenge. Record your weight each week on the tracking sheet that will be sent to you after you register. Weighing in weekly will help you recognize weight gain before it becomes excessive and harder to lose.
3. Turn in your completed Log Sheet (with Name, Department you work in, and weekly weights (if you would prefer you turn in a log sheet listing how your weight has varied during the week instead of your actual weight (ex. -1, +1, etc.) to Sarah Williams (swilliams@co.iredell.nc.us or send through the inter-departmental mail). **Log Sheets must be turned in by 5:00 pm on Tuesday, January 5.**

Will I Receive a Prize?

At the end of the challenge, all individuals who have maintained their weight within 1 lb from their starting weight will receive a prize.

If it is unreasonably difficult due to a medical condition for you to achieve the standards for the reward under this program, call Sarah Williams at (704) 832-2329 and I will work with you to develop another way to qualify for the reward.