



Healthy Holiday CHALLENGE

WEIGH AND WIN  2016

The holidays are hectic and oftentimes healthy habits are shoved to the wayside. On average, Americans gain one to four pounds every holiday season - which they never lose. Over time, those pounds add up! So, let's head into 2017 a little bit healthier.

enroll

Visit www.WeighandWin.com and sign-up for a free account.

join

Visit www.WeighandWin.com/HealthyHolidays and click the 'Join Challenge' button. You will be redirected to a login page. After you log-in, you will see your Healthy Holidays Dashboard and are officially a part of the challenge.

engage

Receive weekly tips for maintaining balance and engaging in healthy behaviors.

maintain

Complete a pre-holiday weigh-in between November 16-23, 2016 and a post-holiday weigh-in between January 1-8, 2017. If you maintain your weight within one pound you are eligible for the prize drawing!

win

Everyone who maintains their weight is entered into the prize drawing for (10) \$125 Amazon gift cards and (10) \$25 Amazon gift cards.

Have Questions? Personal.Trainer@WeighandWin.com | (800) 694-0352

www.WeighandWin.com/HealthyHolidays



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