

# Maintain Don't Gain!

## AN 8-WEEK HEALTHY HOLIDAY CHALLENGE

All City of Milwaukee employees and spouses are invited to participate.

Learn how to **enjoy** the holidays without letting them increase your waistline.



Weigh-ins will be done on the following Wednesdays from 11:30am - 1:30pm at the Wellness Center (Located in the Zeidler Municipal Building)

**Week 1: Nov 23**

**Week 2: Nov 30**

**Week 3: Dec 7**

**Week 4: Dec 14**

**Week 5: Dec 21**

**Week 6: Dec 28**

**Week 7: Jan 4**

**Week 8: Jan 11**

- To participate, stop by the Wellness Center for your first weigh-in within the first two weeks
- Final weigh-ins must be done by Jan 11
- Beat the rush -- get an early weigh-in on Nov 16 between 11:30am - 1:30pm

**Earn 5 Healthy Rewards points** for participating in the program and completing a minimum of **three** weigh-ins. \*

**Earn 5 additional points** for maintaining your weight within 2 pounds.

**OR**

**Earn 10 additional points** if you lose 3 or more pounds during the program.

(Maximum 15 points for the program)

\*Participants are encouraged to weigh-in every week. During each weigh-in, you will receive a different handout with tips on how to maintain your weight, relieve stress and enjoy the holiday season.

*In partnership with*

**Froedtert**



**Workforce Health**