

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