



# HOLD THE HOLIDAYS



*Make this  
holiday season  
your healthiest!*

AdvantageHealth.com

## Welcome to Hold The Holidays!

**Challenge Overview:** Participants weigh-in with their pre-Thanksgiving weight and sign a contract stating that they will practice healthy diet and exercise habits over the holidays. Participants commit to entering the New Year weighing less, the same, or within two pounds of their initial weight. Weigh-ins are then conducted on a weekly basis.

This 4-week challenge will keep participants motivated to workout, eat right and manage stress throughout the shorter days, colder weather and increased business of the holiday season.

**Everything You Need!** All challenges include customization, tracking card, promotional materials, education materials, plus a follow-up evaluation of your program. AdvantageHealth can also provide weekly administrative support.

