



The average American gains between 2-5 lbs. over the holidays. Most never shed those extra pounds, even after the holidays are over.

This challenge 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 3rd—Dec 31st will receive a prize!

START DATE: Monday, October 3rd

END DATE: Saturday December 31st

LOG SHEET DUE BY: Wednesday, January 4th

To sign up follow the link in the email.

You will then receive a confirmation email
with our log within 24 hours.

Maintain Don't Gain

Holiday Challenge

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 focused on the Thanksgiving and Christmas holidays, but we are starting earlier to include the Fall season as well.

How does the Maintain, Don’t Gain Challenge Work?

1. Register for the challenge between September 30th– October 5th
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— example: +1 lb, - 1lb) to Cindy Marlow (cynthia.marlow@co.iredell.nc.us or send through inter-department mail)

Log sheets must be turned in by January 4th!

Will I receive a Prize?

At the end of the challenge, all individuals who have maintained their weight within 1 pound 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 Cindy Marlow at 704-878-3057 and I will work with you to develop another way to qualify for the reward.