

# MAINTAIN NO GAIN

## FOR A HEALTHY HOLIDAY SEASON.

**Jump start your holiday goals by preparing healthy recipes, eating fruits and vegetables, staying active, and weighing in once a week throughout the holidays! Join other Texans who are committing to a healthier holiday season with Maintain No Gain.**

### **WHAT is it?**

Maintain No Gain' is a community and worksite wellness program created by the Cardiovascular Health and Wellness Program of the Texas Department of State Health Services. This is a 6-week program that will serve as a guide to control holiday weight gain and encourage a healthy lifestyle that will help persons decrease their risk factors for cardiovascular disease and stroke.

### **WHO is it for?**

This program is for EVERYONE!!! The program is designed to encourage participants to gain no more than two (2) pounds during the holiday season. There is no cost! **It is FREE!**

### **HOW does it work?**

- Maintain No Gain is designed to have participants weigh-in weekly beginning the week of November 23, 2020, through the week of December 31<sup>st</sup>, 2020 and monitor their weight during the holiday season (6 weeks).
- Each week, one time per week, participants will record their weight; a tracking log is included.
- Weekly motivational emails will be shared with participants.
- Participants will complete a registration form at the kickoff event.
- Participants enter starting weight on pre-test and ending weight on post-test.

During the week participants will log weekly exercise and consumption of fruits and vegetables. The log will help encourage participants to eat fruits and vegetables and exercise during the week.

### **WHERE is this program conducted?**

Program kick off/weigh is on Thursday, November 19 at the Temple ISD Administration Bldg from 4pm 5:30pm  
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