

Maintain No Gain



November 22, 2021 - January 3, 2022

Who: Fitness Center Members / Employees / Non-Members

Cost: \$5

What's Included:

- Weigh in on or before November 22 for starting weight.
(Fitness Center for Members and Employees or send picture to mckayla.custer@wwhealth.org)
- Join the Facebook group to receive healthy tips, recipes, and motivation.
- Final weigh in must be entered between January 3 - 7.
(Send a picture of weight to mckayla.custer@wwhealth.org)
- If you're within 2 pounds of your starting weight, you will be entered to win prizes!
- Holiday Nutrition Tips featuring Cheri Rott will be sent out in December.

The **GOAL** is to **MAINTAIN** your weight throughout the holidays!

For questions, please email mckayla.custer@wwhealth.org.



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