

# 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 20 – 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 16-22 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!

