

SIGN UP TODAY FOR

MAINTAIN NO GAIN!

Program sponsored



Texas A&M AgriLife Extension
Service of Austin County

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Family and Consumer Science



Original program created by: Cardiovascular Health and Wellness Program - Texas Department of State Health Services

Educational programs of the Texas AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

*Sign up for the
holiday challenge
today!*

**Maintain
No Gain**

*Start Date
Sunday, November 23, 2014*

Why Maintain No Gain?

Purpose

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 Service. The program is designed to encourage participants to gain no more than two pounds during the holiday season. According to the Maintain No Gain resource guide, "This six-week program 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."

Why participate?

1. A healthier you!
2. Drawings for prizes for participants at end of program!
3. Incentive items for all participants who register!

What do I have to do to participate?

1. Sign—up today
2. Do weekly weigh-ins every Saturday and take weekly log sheet to Maria Villanueva
3. Don't gain more than two pounds during the holidays!

Check your progress weekly!

Weekly Weigh-ins

Participants should weigh-in on a weekly basis. Weekly weigh-ins should take place each Saturday of the week. Weekly logs can be mailed or dropped off at DSHS in care of Maria Villanueva. Each week, you will receive tips via email on prevention of chronic diseases and managing your weight—all designed to make you healthier in the new year! Weekly weigh-ins will be made available for participants at DSHS if requested.

DSHS

800 Wendt Street

Bellville, Texas 77418

Log-in are due on
Monday, December 1, 8, 15, 22, 29 and
January 5th.

Prevent holiday weight gain by signing up now!

Prizes will be distributed at the Celebration Weigh-In on January 5th at 5pm.

Sign Up Form for Maintain No Gain

YES! I want to participate in Maintain No Gain.

Name _____

Phone _____

Email _____

Address _____

City _____

Zip _____

For office use only:

	Weight	Complete
Start 11/23		
Week 1 -		
Week 2		
Week 3		
Week 4		
Week 5		
Final		

Difference between start
weight and final weight =