

Maintain *Don't* Gain

Give yourself the *best* gift this holiday season!



Take the **Healthier U Maintain *Don't* Gain Challenge**
(November 23 – January 1)

Maintain *Don't* Gain 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 – 23 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!



http://www.stonybrook.edu/sb/healthieru/maintain_dont_gain.html