Gift yourself a healthy you!

The holiday season has arrived and most Americans will gain an average of 1-2 pounds before the New Year.

Maintain Don’t Gain

Join the Challenge | Nov. 13 - Jan. 7 2018-19

Jumpstart your healthy holiday season with Maintain Don’t Gain. This 8-week program encourages employees to maintain their weight through confidential weekly “self” weigh-ins, weekly challenges, and supportive tools and tips for adopting healthy behaviors during the holidays. It’s a simple way to stay mindful of healthy habits such as incorporating physical activity and healthy eating into your enjoyment of festivities.

Nov. 13, 2018 - Jan. 7, 2019

Practice healthy habits, support your well-being, and maintain your weight over the holidays. Sign up, participate, and fill out the final survey to enter a drawing for a chance to win a Fitbit Alta!

SIGN UP

surveymonkey.com/r/MDG2018

Questions?
wellbeing@ucdavis.edu
(530) 752-6106