Introducing our final challenge of the year: The Maintain Don't Gain Challenge

Avoiding holiday weight gain doesn't mean you can't have holiday treats or special meals. Enjoy the celebration!

Our new wellness challenge, Maintain Don't Gain will show you how to indulge yourself a bit and still avoid food choices you'll regret. This challenge will:

- Build awareness of holiday weight gain (if you're thinking about it all season, you'll make smarter choices)
- Give you new strategies to get you through the season
- Help you prepare for events and gatherings with a plan
- Remind you to make mindful choices
- Minimize weight gain during the holidays

Our goal in this challenge is to avoid gaining more than two pounds between Thanksgiving and New Year's Day. Your tracker will help you monitor your progress.

Maintain Don't Gain is one of the Wellness at Work challenges developed for workplaces like ours by Health Tradition Health Plan and Mayo Clinic Health System wellness experts. The challenge is open to ALL employees and spouse/family members of UW-L, it does not matter which health insurance plan you carry.

Download a tracker sheet or pick one up in designated employee break rooms. Your first weigh in is on Thanksgiving Day. Try to weigh yourself on the same scale and at the same time of day each time. Record your weight and gain/loss for each week on your tracker. Your final weigh in will be done on New Year's Day. Record your results and feedback. Mail/drop-off/email your form to Deanna Kabliska, Human Resources, 144 Graff Main Hall by 4 pm Friday, January 9, 2015.

At the end of the challenge, we'll hold a drawing for Health Tradition Health Plan's challenge incentives: a cozy Micro Plush blanket! Individuals that met the challenge will be randomly drawn for one of two blankets. Other prizes will include black Get Active t-shirts and From Asparagus to Zucchini Cookbooks!

To help you get started is a list of active new holiday traditions you may try!

Questions? Please contact: Deanna Kabliska, PHR, 608-785-8601, dkabliska@uwlax.edu