

Maintain DON'T GAIN



Holiday weight gain can have long-term health impacts. Although many only gain 1-2 pounds during the holiday season, this weight gain often remains which leads to lifetime weight gain. **The good news is preventing holiday weight gain is possible!**

LAUNCH PARTY

Friday, November 3, 2017

10:00AM - 2:00PM

This holiday season, combat the temptations and join us for our Maintain, Don't Gain (MDG) launch party at the Wellness Center! Exciting activities include:

- Meet the Wellness Coach and sign up for appointments
- Pick up your MDG calendar tracker and other resources
- Use the biometric measuring machine for a private weigh-in for the challenge.
- Develop your goals using our MDG commitment cards
- Stock up on Healthy & Happy Holiday greeting cards to share with your co-workers

No RSVP Required.

REGISTER FOR WEEKLY TIPS

Preventing holiday weight gain is possible!

With Maintain, Don't Gain, not only will you start the New Year on a lighter foot, you'll also have established healthy habits for 8 weeks in the face of a variety of temptations. Register today and receive weekly emails in November and December

GO TO: <https://www.surveymonkey.com/r/MDG2017WC>.

WORK WITH A COACH

Schedule an appointment today!

Wednesdays 10:00am-12:00pm

This holiday season, meet with a Coach to help you establish healthy habits that meet your needs and lifestyle. Make an appointment to work with a Coach so you can avoid holiday temptations, manage your weight, quit smoking, eat healthier, exercise more, or reduce your stress.

Appointments are 20-minutes.

TO SCHEDULE: Email wellness@sfgov.org

WEIGH IN

Keep up your Maintain, Don't Gain goals! Stop by the Wellness Center (Monday-Friday 8am-4pm) and use the Body Mass Index (BMI) machine to track your weight and body fat.