Don't Gain Just Maintain!

Myth or Fact: Most people gain ***five*** pounds over the Thanksgiving and Christmas Holiday season.

Myth--The National Institute of Health reports that it may only be ***one*** pound of weight gain, but that pound is not lost during the rest of the year and adds up over time.

Don't let that extra pound get you down!

Fox Army Health Center invites you to challenge yourself this holiday season to just maintain your current weight. Register and weigh-in **15 Nov 16 (0800-1600), 16 Nov 16 (1100-1600), 18 Nov 16 (1200-1600),** and then weigh-out **3 Jan 17 (0800-1600) or 4 & 6 Jan 2017 (1100-1600),** at the Wellness Clinic in Fox Army Health Center. It is as simple as that! Weekly e-newsletters with tips to help you avoid holiday eating pitfalls will be provided throughout the program.

Name: _____

Department:_____

Phone: _____

E-Mail: _____

Date: _____

Wt In: _____

Date: _____

Wt Out: _____

POC: Mary Bouldin, RN
Fox Army Health Center, Wellness Clinic
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This program is for health promotion purposes only. Always consult your physician or health care provider before beginning any new nutrition, weight control or exercise program. The use of the Passport to Wellness programs, advice, and information is at the sole choice and risk of the participant.