

## Holiday Challenge - Maintain, Don't Gain!

Most Americans partake in celebration during the holiday season. Festivities that include indulging in extra helpings, snacking on seasonal treats, and little to no workout time all contribute to the increase in dieters in January. TeamHealth Wellness is issuing a challenge to all employees to maintain their weight during the holiday season.

### Challenge directions:

1. Weigh yourself during the week of November 30 to determine your pre-holiday weight.
2. Using the same scale you used to obtain your pre-holiday weight, weigh in after the New Year. If your post-holiday weight is equal to or less than your pre-holiday weight, sign below. Fax the signed document to the Wellness Program at 888.422.0106.
3. You may use the following page to help track your weight.
4. Your participation will be kept confidential. Participants will be entered in a drawing to win one of four, \$50 Target gift cards.

*I maintained my body weight during the holiday season. Please enter my name in the drawing for the Target gift cards.*

\_\_\_\_\_  
Name (printed)

\_\_\_\_\_  
Location

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Email

**Fax this form to 888.422.0106 between January 1 and January 8.**



## Maintain, Don't Gain Tracking Sheet

This sheet is for your records only and is intended to help you keep track of your weight during the holiday season. Do not submit this form to the Wellness Program.

Pre-holiday weight (week of November 30) \_\_\_\_\_ lbs.

Week of December 7 \_\_\_\_\_ lbs.

Week of December 14 \_\_\_\_\_ lbs.

Week of December 21 \_\_\_\_\_ lbs.

Week of December 28 \_\_\_\_\_ lbs.

Post-holiday weight (between January 1 and January 8) \_\_\_\_\_ lbs.

### Free resources for additional support

- NurseLine – Employees with United health insurance may talk with a nurse 24/7 about nutrition and weight management by calling 800.401.7396.
- Myuhc.com – Employees with United health insurance may go to [www.myuhc.com](http://www.myuhc.com) for free health coaching and to receive nutrition information. Click the “Health and Wellness” tab for more information
- LifeWorks – All employees can call 800.854.1446 to speak to a nurse to ask questions about nutrition and weight management.