

## Weight Maintenance for the Holidays

Do you dread the holidays because you think you might gain weight? Would you like some extra support to prevent that from happening? We're inviting all Keep It Off participants to participate in a *weight maintenance for the holidays challenge*. Even if you don't celebrate Christmas, Hanukkah or Kwanza, holiday parties are everywhere you turn from Thanksgiving until New Year's, so weight maintenance can still be difficult!

### How can I participate?

If you choose to be part of the challenge, reflect on holidays past and what has tripped you up in your quest for weight maintenance. Then write down three strategies that you'll use from the week of Thanksgiving until New Year's to prevent weight gain. We've included a list of holiday weight maintenance tips that can help support your strategies. Your Keep It Off coach will also be happy to brainstorm with you.

After you've chosen your strategies, email them to us, along with your current weight, by Wednesday, November 26 at [keepitoff@healthpartners.com](mailto:keepitoff@healthpartners.com). Once all the celebrations are over, we'll send you a reminder email to send us your post-holiday weight. Include your stories in the email. Tell us about the barriers to weight maintenance that you faced during the holidays and don't be afraid to add some humor! We'll share the best stories and strategies with everyone who participates, so you'll be even better prepared next year! Everyone who participates will receive a Keep It Off prize.

### Sample Challenge Entry

**Weight on or about Wednesday, November 26, 2008: 184**

**My three strategies for keeping weight off during the holidays:**

1. Walk during my lunch break 4 days a week.
2. Avoid sweet treats at work.
3. Eat the fruit and veggie appetizers first at holiday parties, before choosing small amounts of my three favorite items.

**Weight on or about Thursday, January 1, 2009: 185**