

MAINTAIN, DON'T GAIN Holiday Challenge

Purpose:

Maintain, Don't Gain is a weight management program designed to encourage everyone to gain no more than two pounds during the holiday season (Thanksgiving through New Year's). This is designed to encourage good eating habits and being physically active most days of the week during the holiday season. This seven-week program will serve as a guide to control holiday weight gain and encourage a healthy lifestyle that will help people decrease their risk factors for cardiovascular disease and stroke. There will be weekly emails sent out to encourage you.

Why Maintain, Don't Gain?

According to the New England Journal of Medicine the average American will gain one pound during the holiday season!¹ However, overweight people can gain 5 pounds or more during the holiday season according to Nutrition Review.² Researchers at the University of Oklahoma found holiday weight gain among college students during the Thanksgiving break. The average weight gain was about one pound. Students who were of normal weight gained about a half a pound during the period. Students, who were overweight, meaning their body mass index was 25 or more, gained about two pounds.³ This seven-week program is designed to encourage healthy choices for proper diet and physical activity during the holiday season.

Goal:

To maintain weight within 2 pounds of the initial weigh-in. Weight loss is allowed but not the goal.

Who can participate?

Anyone can participate in Maintain, Don't Gain. It's fun and healthy for everyone!



MAINTAIN, DON'T GAIN

Holiday Challenge

WEEKLY PARTICIPATION LOG SHEET

WEEK: _____

DATE: _____

NAME: _____

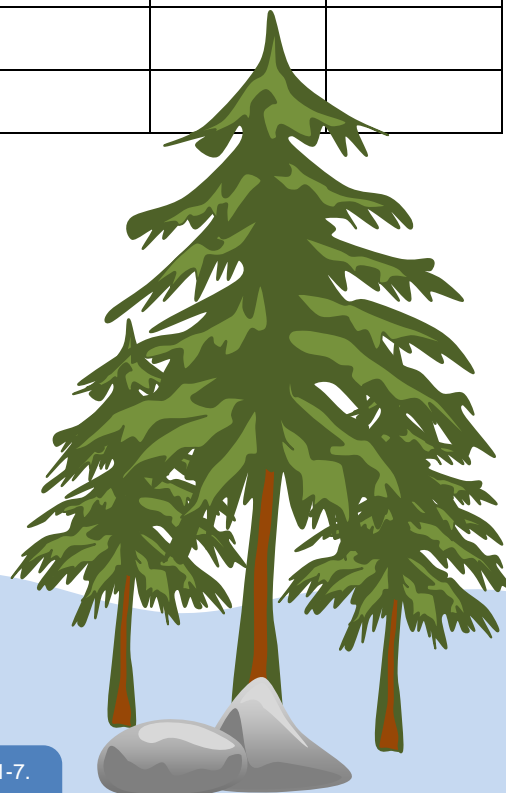
WEIGHT LOG		
Beginning Weight:	Weekly Weigh In:	Ending Weight: [+] or [-] or 0

EXERCISE LOG							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Type of Exercise							
Duration							

FRUIT AND VEGETABLE LOG							
Mark down the 5 fruits/vegetables you consume each day							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1							
2							
3							
4							
5							

Follow the directions below for each week of the program:

- Record zero in the start weight for the beginning of Week 1.
- Place a check or write the name of the fruit and/or vegetable in the Five-A-Day section for each day you eat at least five servings of fruits and/or vegetables.
- Place a check or write down the activity in the Five-A-Week section for each day you participate in at least 30 minutes of moderate intensity physical activity (walking, biking, roller skating, jogging, elliptical etc.)



1 A prospective study of holiday weight gain. N Engl J Med. 2000 Mar 23; 342(12): 861-7.

2 Holiday weight gain: fact or fiction? Nut. Rev. 2000 Dec;58(12):378-9

3 The effect of the Thanksgiving holiday on weight gain. Nutr J. 2006 Nov 21;5:29.