

Maintain Don't Gain

November 20, 2017 – January 14, 2018

With the holiday season upon us, **TCSIG** and **TeamCare** are pleased to offer a game plan with winning strategies to battle those holiday pounds! Leave the stuffing to the turkey and join us for an all new challenge for 2017 - **Maintain Don't Gain!**



This time of year we are often surrounded by friends & family, festive events, and endless, tasty temptations! Did you know that the average person gains 5-10 pounds during the holiday season? Year over year, that can amount to a much bigger obstacle than “a few holiday pounds”. Excess weight is not only a nuisance to our waist line, but also contributes to chronic illness such as heart disease, high blood pressure and diabetes.

TCSIG wants to support you in this battle and is pleased to offer a game plan for success! This challenge offers support, guidance and delicious healthy recipes to help you stay ahead of those unwanted pounds. Additionally, all participants who reach their goal to maintain their weight throughout the challenge will be entered into a drawing for one of **ten \$25 Amazon gift cards**, as well as the **GRAND PRIZE** of a **23andMe Genetic & Ancestry testing package valued at \$200!**



Simply register and report your starting weight at the beginning of the challenge, then maintain your weight throughout the holiday season. All registered participants will receive bi-weekly emails with tools for success during the holidays and into the New Year. You will also have the opportunity to **submit your own recipes to a TeamCare Registered Dietitian for a healthy makeover**, and do a “*half-time*” *check in* to make sure you are on track and be entered into a bonus raffle!

To register please visit <https://www.surveymonkey.com/r/TCSIGmaintainSTART>
You may also scan this “STARTING” QR code from your smart phone.

Challenge registration is open from November 8, 2017 through November 22, 2017.

STARTING



ENDING



After the challenge please visit <https://www.surveymonkey.com/r/TCSIGmaintainEND> to report your ending weight, or scan the “ENDING” QR code from your smart phone.

Ending Weight reporting is open from January 15, 2018 through January 19, 2018.

That's all there is to it! Accept the challenge and give yourself the gift of a healthy holiday season!



For questions or assistance please contact **TeamCare** at **866-726-0032** or teamcare@delapro.com . . . **We're here to help!**