



Nov. 19, 2018 – Jan. 13, 2019

'Tis the season for potlucks, festive gatherings and endless opportunities to overindulge in delicious goodies! That's why **TCSIG** and **TeamCare** are pleased to once again offer a challenge to stay ahead of those sneaky holiday pounds. Leave the stuffing to the turkey and join us for ***Maintain Don't Gain!***

Studies show that the average American gains 5 to 10 pounds between October and New Years, but typically loses less than 10% of that gain. Year over year, that

can add up to a much bigger obstacle than "a few extra pounds". Excess weight is not only a nuisance to your waist line, but also contributes to chronic conditions such as heart disease, high blood pressure, pre-diabetes and diabetes.

Maintain Don't Gain offers support, guidance and healthy recipes to help you stay ahead of those unwanted holiday pounds. All participants who maintain their weight throughout the challenge will be entered into a drawing and ***ten lucky winners*** will walk away with a ***\$25 TCSIG Visa gift card***. Simply register and report your starting weight at the beginning of the challenge, maintain your weight throughout the holiday season and report your ending weight in January - it's just that easy! During the challenge we'll send you information and tips to keep you on track and to remind you that you are not alone in this annual struggle!



Bonus Grand Prize! Accountability is a key component to success. During the challenge you will have the opportunity to "**check in**" to make sure you are on track. Watch your update emails for more information to learn more. All participants who check-in AND maintain their weight throughout the challenge will be entered into the Bonus Grand Prize raffle for a ***Fitbit Versa valued at over \$200!*** (Click [here](#) to check it out!)

To get started, please visit <https://www.surveymonkey.com/r/TCSIGMDGstart> or scan the **red QR code** from your smart phone to register and report your starting weight.



Challenge registration is open from November 12, 2018 through November 23, 2018.



After the challenge please visit <https://www.surveymonkey.com/r/TCSIGMDGend> or scan the **green QR code** to report your ending weight.

Ending Weight reporting is open from January 14, 2019 through January 18, 2019.

