

Maintain Don't Gain

Healthy Holiday School vs School Challenge

OVER CHRISTMAS BREAK
12.21.23 TO 1.1.24

Challenge Rules:

- \$10 to participate payable to building Wellness Ambassador(s)
- Maintain weight within 1# and \$10 is returned
- Forfeit \$10 if participant does NOT maintain (within 1# of weigh-in weight)
- Forfeited money dispersed equally to all who maintain
- Weigh-ins & Weigh-outs ON YOUR HONOR!
- School (location) that has the highest % of participants who have maintained will WIN an additional school prize!

Click Here To Register

'tis the season

TO LIVE HEALTHY

This challenge is brought to you by the PJSD Wellness Committee - We support you - MIND, Body, SPIRIT!

Here are some resources that may help.

[20 Tips to Avoid Weight Gain During the Holidays](#)

[Your 9 Step Strategy to Maintain Your Weight During the Holidays](#)

[Don't Gain Weight During the Holidays WebMD](#)