

Maintain Don't Gain

November 4 — December 16

Join this wellness challenge to practice habits that are supportive of maintaining your weight while celebrating a healthy holiday season!

How the Challenge Works

Earn 1 point per activity per day by completing the following activities:

- Weighing yourself
- Eating a healthy breakfast
- Eating a healthy lunch
- Exercising 30 minutes or more
- Limiting sweets to 1 serving or less
- Limiting alcoholic or sugary beverages to 1 or less

How to Track Your Activity

- Track all activity on the wellness portal at www.KansasHealthQuest.com.
- You may print and use the paper tracking form for convenience and enter your points online later.
- The challenge ends on December 16; be sure to record all activity points online by December 23.
- Accumulate 150 daily points by December 16 to successfully complete the challenge.
- 5 credits will be awarded to your HealthQuest account when you complete the challenge!

What are people saying about HealthQuest Wellness Challenges?

I took a HealthQuest challenge last year and now I feel encouraged to move on to a new challenge. My health awareness has increased and I appreciated (needed!) the accountability!
- Wendy, Kansas State University



Scan to
Download

Use the Mya App to Track Your Activity Points!

Track your activity using the iOS or Android app. There is no cost for the app, just download it through the App Store or Google Play.

Use your mobile device to help you make healthier choices right at your fingertips.

Look for the Maintain Don't Gain Challenge on the Mya™ App on November 4!

Learn more and sign up at www.KansasHealthQuest.com!