

MAINTAIN DON'T GAIN CHALLENGE

Keep those holiday pounds off!

**Managing your weight just got easier -
Learn how just a few daily changes can have a big impact.**

The key to maintaining a healthy weight is about a lifestyle that includes healthy eating, regular physical activity and achieving balance. Join the Maintain Don't Gain Challenge to get started today!

**Earn 5
Credits!**

Nov. 14 – Dec. 12, 2011

Earn 1 point per activity per day for:

- Eating a healthy breakfast
- Completing 20 minutes or more of physical activity
- Limiting alcohol to 1 serving or less daily
- Limiting sweets to 1 serving or less daily

How the Challenge Works

1. During the challenge, keep track of the healthy behaviors you practice daily.
2. Receive 1 point for each healthy behavior that you practice each day. Earn up to 4 points daily.
3. Your goal is to accumulate 30 points by December 12, 2011.
4. By successfully completing the challenge, you will earn 5 credits for the HealthQuest Rewards Program!

How to Track Points

Track your 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.

Record all activity points online by December 19, 2011.

Credits are awarded on the portal automatically when you complete the challenge.



www.KansasHealthQuest.com