

Maintain Don't Gain Challenge

November 7 – December 19, 2012

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 daily points by practicing healthy habits that support healthy living and weight management including:

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



How to Track Daily 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 26, 2012
- Credits will be awarded on the portal automatically when you complete the challenge

Goal

- Accumulate 100 daily points by December 19, 2012
- By successfully completing the Challenge, you will earn **5 credits** for the HealthQuest Rewards Program

www.KansasHealthQuest.com

