

**Exclusively**

**24/7  
Support**

## Holiday Help

# Maintain, Don't Gain!

**Keep the extra pounds away**

**Begins – November 4<sup>th</sup> – Join Now!**

**Maintain, Don't Gain** is a 10-week online program, brought to you by your employer and **Health Advocate**, that can help you stay at a healthy weight throughout the holiday season and into the New Year. We'll provide expert tools and assistance to help you make smart nutrition choices, find creative ways to fit in exercise, and de-stress.

### How this program can benefit you

It includes weekly emails and text messages that can help you:

- Establish a winter exercise routine
- Incorporate healthy substitutions to your favorite holiday dishes
- Take time to relax during the hectic season
- And more!

### Get help from a Wellness Coach

Your Health Advocate Wellness Coach is here to help you get and stay healthy. Your coach is qualified to guide and motivate you to make better food choices, exercise more, and manage your stress.

### Win a Fitbit Zip!

By participating in **Maintain, Don't Gain**, you may be eligible to win a **Fitbit Zip**. Get more details in your **Maintain, Don't Gain** weekly emails!



### Here's How to Register

### Questions?

Call:

Visit:

Email:



**CASCADE CENTERS**  
INCORPORATED

**HealthAdvocate™**  
Always at your side