

Maintain, Don't Gain!

Health Improvement Challenge

Commit, control, maintain

Time to weigh-out!

It's been six weeks since employees participated in the Maintain, Don't Gain! Health Improvement Challenge.

Now is the time to find out if you were able to maintain your weight or stay within two pounds of your weigh-in weight.

Come and get "weighed-out" on: _____

For more details contact: _____

