

# MAINTAIN DON'T GAIN

## Your Healthy Holiday Pledge

As part of Maintain Don't Gain, we encourage you to commit yourself to eating right so you can avoid those extra holiday pounds. It helps when you can work together with friends and colleagues on a common goal. Start by taking the following pledge together.



*We pledge together that we will enjoy this holiday season without gaining weight. We promise that we will do our best to choose nutritious foods, eat healthy portion sizes, move as much as we can, and manage our stress.*

*We hereby commit to finishing the year right by taking care of ourselves and maintaining our weight.*

# MAINTAIN DON'T GAIN

## Your Healthy Holiday Pledge

### Signatures:

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