

Only the turkey should be stuffed

AVOID HOLIDAY WEIGHT GAIN!



Eat Smart, Move More...
Maintain, don't gain!

HOLIDAY
Challenge

Register for FREE at www.esmmweighless.com

- Weekly newsletter full of resources, recipes, and more.
- Download tools to monitor your progress.
- Daily tips and weekly challenges to stay motivated.
- Virtual walking race through downtown Paris.



NOVEMBER 13 THROUGH DECEMBER 31