

ONLY THE TURKEY SHOULD BE
STUFFED



AVOID HOLIDAY WEIGHT GAIN!

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

HOLIDAY Challenge

Register for FREE at esmmweighless.com

- Weekly newsletter full of resources, recipes, and more
- Tools to monitor your progress
- Daily tips and weekly challenges to stay motivated
- Free virtual race



NOVEMBER 12 THROUGH DECEMBER 31