

WORRIED THE HOLIDAYS WILL WEIGH YOU DOWN?

Avoid holiday weight gain!

Register for FREE at esmmweighless.com

- Weekly newsletter full of resources, recipes, and more
- Daily tips to eat smart and move more
- Healthy holiday recipes

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

HOLIDAY
Challenge




Eat Smart | Move More
Weigh Less
Online

NOVEMBER 16 THROUGH DECEMBER 31