

# WORRIED THE HOLIDAYS WILL WEIGH YOU DOWN?

**Avoid holiday weight gain!**

Register for FREE at [esmmweighless.com](http://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 13 THROUGH DECEMBER 31