



2014 Holiday Hold'em

Make a commitment to yourself and your health to maintain your current weight throughout the holiday season! On average people will gain between 8 and 10 pounds during the holiday season. Starting November 17th take up the 'Holiday Hold'em' challenge and enjoy the holidays without gaining weight.

'Holiday Hold'em' is a free, seven week, on-line challenge to gain no more than 2 pounds during the holiday season. You only need to send an email to jboening@ag.tamu.edu with *Holiday Hold'em* in subject line and *subscribe* in body of email to participate. If you don't have an email, contact the Fayette County Extension Office to enroll at 979-968-5831.

For more information contact:

Sally Garrett
 County Extension Agent-FCS
 Or
 Jenifer Boening
 County Program Assistant-FCS
 Tel. 979-968-5831

Sign-Up at jboening@ag.tamu.edu



Benefits to participating:

- Weekly drawings for prizes for participants completing the week.*
- Tips on managing your weight and preventing chronic disease
- A healthier you!

**Completing the week is defined as weighing weekly.*

Weekly weigh-ins starting week of November 17th at your home, office, or fitness center. Weekly health tips and ideas for holidays will be sent out.



Sponsored by: St. Marks' Medical Center, Health By Jenny, Anytime Fitness, and Texas A&M AgriLife Extension — Fayette County

Original programs created by: Cardiovascular Health and Wellness Program - Texas Department of State Health Services & Ohio State University Extension. "Zero Weight Gain"