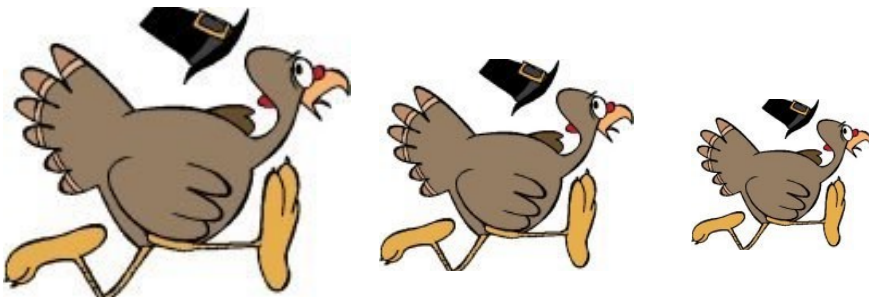


# MAINTAIN, DON'T GAIN

## FUN HOLIDAY CHALLENGE FOR WORKSITES!



2019

### Join our Worksite Holiday Challenge!

Your organization is invited to participate in a “Maintain, Don’t Gain” worksite wellness challenge during the 2018 holiday season. Weight of the Fox Valley is teaming up with Well City Fox Cities and Oshkosh Area Businesses Focused on Health (OABFOH) to organize this challenge.

Participating organizations receive:



Program Toolkit  
Weekly Emails



Friendly Competition  
Community Recognition



Prize Eligibility

### One Size Fits All!

All are welcome, whether or not your organization has done this type of challenge before. The program is flexible and can be easily customized to fit your organization using a toolkit from area wellness experts, with support, as needed, from Weight of the Fox Valley!

### What is needed to participate?

1. Organization contact person
2. Promotion and encouragement to your employees

### Questions or to register your organization:

E-mail: Coley Huebner, Ameri-Corps Member , Weight of the Fox Valley, at:

[Coley.Huebner@UnitedWayFoxCities.org](mailto:Coley.Huebner@UnitedWayFoxCities.org)

START DATE: NOVEMBER 12TH

END DATE: JANUARY 1ST

(Date ranges provided to accommodate organization schedules)

THE  
**WEIGHT** OF THE  
FOX VALLEY

Calumet, Outagamie and Winnebago Counties

A community health initiative designed to address active lifestyles & healthy eating among Fox Valley residents to achieve and maintain a healthy weight at every age. To find out more, visit [www.weightofthefoxvalley.org](http://www.weightofthefoxvalley.org).