



Maintain,
Don't Gain

WINTER CHALLENGE

NOVEMBER 8, 2010—JANUARY 29, 2011

Enjoy the festivities of the season while learning ways to maintain or even lose weight during this hectic time of year!

www.getmoving.vermont.gov

Log In & Start Tracking Today!

Supporting weight goals through the holidays with tips, recognizing successes, and help tracking personal progress on:

- * Weight maintenance or loss
- * Water Intake
- * Physical Activity
- * Fruit & Vegetable Intake
- * Stress Relief

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