



“MAINTAIN, DON’T GAIN!”

HEALTHY HOLIDAY FITNESS CHALLENGE

November 21, 2019 thru January 4, 2020

The holiday season can be a difficult time of the year to stay physically active and maintain you weight. Many Americans gain between one to four pounds during the time between Thanksgiving and New Year’s. While this may not seem like a lot, studies show that most individuals keep some of that holiday weight on each year, which can significantly add up over time. This season, give yourself the gift of health by joining the *“Maintain, don’t Gain” Healthy Holiday Fitness Challenge!*

WHAT IS IT?

“Maintain, don’t Gain” Challenge is a six-week program designed to help individuals maintain their weight and activity level during the holiday season.

HOW TO PARTICIPATE

All interested participants must be weighed in before November 21. There will be two weigh-in date. November 16, from 9:00am-11:00am and November 20, from 4:00-6:00pm. If you need other arrangements, please contact Karla @ sierrafitnessmanager@gmail.com. Once you have weighed in, you’ll receive a “Welcome email”. In that email you will get more details on how to join our Private Facebook Page for accountability, nutrition tips and Interval Body Weight exercises for travelers.

WHAT TO EXPECT

Each Monday Participants will receive an email with healthy holiday tips, recipe makeovers and a link to YouTube workout videos. Also, the “12 Days of Fit-Mas” videos will be available on YouTube and/or the Private Accountability Facebook page.

You will also receive points for:

Maintaining Body Composition:	15pts
Reducing Body Fat	7 pts
Checking-ins on Sierra Fitness Facebook page:	2 pts
Participate in Happy Hour Fitness Class (TBA)	5 pts
Participate in any Holiday Fitness Class (TBA)	5 pts

Points will be totaled at the end of the Challenge for 1st and 2nd place.

All other participants will be entered a raffle for other fun prizes.

YOUR “WHY”

During the “Maintain, don’t Gain” Challenge, remember your “WHY!” That is your intention, your reason for joining the Fitness Challenge. This will help create positivity and will power during the challenge

Have FUN and good luck! 😊