

You're Invited!

Eat Smart, Move More...
Maintain, don't gain!
HOLIDAY
Challenge
NOV 15 - DEC 31
esmmweighless.com



You are invited to join the 15th annual *Eat Smart, Move More, Maintain, don't gain!* Holiday Challenge. Rather than focusing on trying to lose weight, this **FREE** seven-week challenge provides you with strategies and resources to *maintain* your weight throughout the holiday season. Any adult over 18 years of age across the United States with a valid email address can join the Holiday Challenge.

The Holiday Challenge will begin **November 15th and run through December 31st**. Registration does not close and you may sign-up at any time. Participants can engage as much or as little as they would like to, as all resources are sent to their email and available online. Register now by visiting:

<https://esmmweighless.com/sign/>.

Holiday Challenge Features:

- Weekly Newsletters
- Daily Tips
- Healthy Holiday Recipes
- Weekly Challenges
- **Tools**
- **Private Facebook Community**

Last year's Holiday Challenge:

In 2020, more than **44,670** people from all 50 states and all 100 North Carolina counties and 33 additional countries took part in the Holiday Challenge. At the end of the Holiday Challenge, 92% maintained or lost weight and 98% are likely to participate in a future Holiday Challenge. For additional results, and to see how your state ranked in participation, click here: **Holiday Challenge Results**.

For Holiday Challenge updates, resources, and support:

- Facebook - @esmmweighless
- Twitter - @esmmweighless
- Pinterest - @esmmweighless
- Instagram - @esmmholidaychallenge

For any questions regarding the Holiday Challenge, check out the **FAQ page** or email us at holidaychallenge@esmmweighless.com.