

Whether you want to stay active, eat healthy, maintain the best weight for you, or simply manage stress during the holidays, now you can with the fun-filled *Health 4 the Holidays* program.



What is *Health 4 the Holidays*?

It's a 28-day program designed to help you enjoy the holidays in great health this year. You'll find motivation and support for fitting in more physical activity, meeting nutrition goals, avoiding weight gain, and handling the stress that can accompany this busy time. There's something to help everyone end the year healthier than ever.

How does it work?

We've selected the 4 common health areas that are sometimes overlooked during the holiday season:

- Physical activity • Healthy eating • Weight control • Stress management.

The goal is to practice at least 1 health habit a day in any of the 4 areas, and touch on all 4 throughout the program.

Who can participate?

With 50 activities to choose from, you'll find plenty of ideas that appeal to your preferences. And because your choices include 4 health areas, you can focus on the 1 or 2 that matter most to you. Plus there's an optional 4 X 4 team competition for added fun and support.

How do I get started?

Complete the registration form and return it by the deadline to get everything you need for *Health 4 the Holidays*.

Health 4 the Holidays Registration Form

Name: _____

Email: _____

Address: _____

Phone: _____

T-shirt size: S M L XL XXL OR Sweatshirt, please choose

YES! Send me information on 4 X 4 team competition.

Registration deadline: December 1, 2009