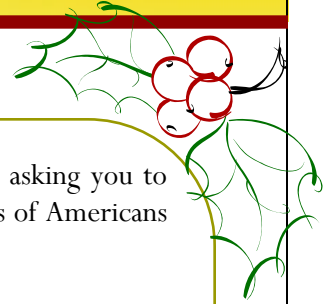




Hold It For The Holidays

What is it?



Thanksgiving to New Year's...the worst time to try to lose weight. That's why we aren't asking you to lose weight...we're asking you to *maintain* and *not gain*! Don't be a statistic like millions of Americans who gain weight over the holidays. Join Healthy Habits for *Hold It for the Holidays*!

THREE SIMPLE STEPS!

1. Get weighed before Thanksgiving (Healthy Habits will hold weigh-ins around campus. See below).
2. Add your \$10 registration to the "*Pound Pool*."
3. Get weighed again when we come back for the new year (times and locations will be posted after the first of the year).

THE REWARD:

If you do not gain weight during the challenge, you get to split the money in the "*Pound Pool*". So if you maintain your weight, you will be guaranteed to at least get your money back. How's that for a "money back guarantee?"

DEPARTMENT WEIGH-IN OPTION

If you can get 10 of your co-workers and/or spouses together for a weigh-in (like a department meeting), we will come to you! Call Roy Zuidema at 6-8408 to arrange this option.

SPOUSES WELCOME TO PARTICIPATE!

DeVos

Thurs., Nov. 19, 8:30 a.m.–9:00 a.m., Room 220

Spoelhof Center

Friday, Nov. 20, 7:30 a.m.–8:30 a.m., Room 300

North Hall

Friday, Nov. 20, 8:45 a.m.–9:15 a.m., Room 163

Science Building

Monday, Nov. 23, 7:30 a.m.–8:15 a.m., Room 332

Hiemenga Hall, Rm 468

Monday, Nov. 23, 8:30 a.m.–9:00 a.m., Conf. Room

Physical Plant

Tues., Nov. 24, 9:15 a.m. –9:30 a.m., Office

Hiemenga Hall, Rm 468

Tuesday, Nov. 24, 11:30a.m. –12:15 p.m., Conf. Rm

Science Building

Tuesday, Nov. 24, 12:30 a.m. –1:00 p.m., Room 332

Spoelhof Center

Tuesday, Nov. 24, 4:30 p.m. –6:30 p.m., Room 300

Spoelhof Fieldhouse:

Email HealthyHabits@calvin.edu if you can't make any of these times but would like to participate

