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## 'MAINTAIN, DON'T GAIN!' CHALLENGE RETURNS THIS HOLIDAY SEASON



**Contact:**

Communications Office

[NewsMedia@flhealth.gov](mailto:NewsMedia@flhealth.gov)

850-245-4111



**Tallahassee, Fla.**—Starting Nov. 16, the Florida Department of Health is partnering with North Carolina State University to offer the “Maintain, Don’t Gain!” holiday challenge for the second year. This free seven-week challenge provides participants with tips, tricks and ideas to help maintain their weight throughout the holiday season.

“While we enjoy this holiday season, it is important to remember health is a year-round commitment,” said State Surgeon General and Secretary of Health Dr. John Armstrong. “The holiday challenge makes it easier to make healthy choices and prevent missteps during this festive time of year.”

Many Americans gain between one and five pounds each holiday season. Last year, more than 1,700 Floridians participated in the "Maintain Don't Gain!" challenge and received helpful advice on enjoying the holidays in a more healthy way. In its inaugural year, challenge participants saw great success. Sixty-seven percent of participants maintained their weight and 26 percent lost at least three pounds.

The challenge includes seven weekly newsletters delivered to your inbox with:

- Tips to host a healthier Thanksgiving, manage holiday stress and survive a holiday party;
- Mid-week challenges;
- Healthy holiday recipes; and
- Motivation and support from other participants.

This year's "Maintain, Don't Gain!" holiday challenge runs from Nov. 16 through Dec. 31. For more information and to register, visit the Healthiest Weight Florida [website](#).

### **About the Florida Department of Health**

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

Follow us on Twitter at [@HealthyFla](#) and on [Facebook](#). For more information about the Florida Department of Health please visit [www.FloridaHealth.gov](#).

### **About Healthiest Weight Florida**

Healthiest Weight Florida is a public-private collaboration bringing together state agencies, not-for-profit organizations, businesses and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living. To learn more about how to be active and make nutritious food choices, visit [www.healthiestweightflorida.com](#).