

ONLY THE TURKEY SHOULD BE  
**STUFFED**



**AVOID HOLIDAY WEIGHT GAIN!**

Eat Smart, Move More...  
**Maintain, don't gain!**

# HOLIDAY Challenge

Register for FREE at [esmmweighless.com](http://esmmweighless.com)

- Weekly newsletter full of resources, recipes, and more
- Tools to monitor your progress
- Daily tips and weekly challenges to stay motivated
- Free virtual race



**NOVEMBER 16 THROUGH DECEMBER 31**