Do you find it difficult to maintain your weight during the holiday season?



Many Americans gain between **1 and 5 pounds each year** and research shows that we don't tend to lose it after the holidays are over leading to an extra 10-20 pounds every decade. This year make a pre-holiday resolution to maintain your weight instead of a New Year's resolution to lose the extra pounds, which often doesn't last!

Here to help you is the **Maintain Don't Gain Campaign!**

You'll weigh yourself on Monday, November 23 and then receive **6 weekly e-mail newsletters** from UT/TSU Extension filled with lots of **tips, strategies, advice** and **healthy recipes** to help get you through the holidays without extra pounds. On Monday, January 4 you'll weigh again and receive an e-mail link to an anonymous survey where you tell us if you gained, lost or maintained. That's it—**simple—free—motivating**—and a great way to celebrate the holidays with health, happiness, friends and family!

Simply go to the Google form **on-line** at https://forms.gle/eNrVzobC9dPh91wB9 or **e-mail** your name and that you want to join the campaign to Whitney Danhof, Extension Agent at **wdanhof1@utk.edu** or **call** the Extension Office at **684-5971** to sign up.