

# Be Merry & Lite

**Don't let the holidays weigh you down!**

Join the Be Merry & Light challenge to help you maintain your weight over the busy holiday season. This challenge will provide you with weekly tips related to holiday stress, nutrition (including healthy holiday recipes), and physical activity.

**Program Dates: Monday, November 20th through January 7th**

**What's in it for You:** It is believed that the typical American gains up to 5 pounds during the holiday season—and this weight is hard to take off. This challenge helps guide you to make healthier choices this holiday season to prevent weight gain and reduce stress. In addition, weigh in and/or visit with the Wellness Coordinator for additional information and accountability!

**Mark Your Calendars for these Weekly Educational Topics:**

**Week 1:** Holiday Nutrition

**Week 2:** Safe Holidays

**Week 3:** Holiday Shopping

**Week 4:** Fitting in Physical Activity

**Week 5:** Healthy Holiday Baking

**Week 6:** Safe Holiday Drinking

**Join today! Complete your registration form and return to the Wellness Coordinator by Tuesday, November 21st!**

**Return via email at [wellness@medford.k12.wi.us](mailto:wellness@medford.k12.wi.us)**



# Be Merry & Lite

Avoid putting on those extra pounds over the holidays with the **Be Merry & Lite challenge!**

**How to Sign Up:** Complete the registration form below for your team and return to the Wellness Coordinator by Tuesday, November 21st!

**What is it?** This is a 6-week program with initial and final weigh-in, designed to help you eliminate the extra holiday cravings and help you through the stressful holiday season. The goal of this challenge is to maintain your weight during the holidays. If you join the Be Merry & Lite challenge, you will receive helpful weekly tips on exercise, stress, and nutrition—including healthy holiday recipes— throughout the entire holiday season!

**Incentive:** All teams (maximum of 4 members per team) that maintain their weight after the 6 week challenge will be entered into a drawing for a \$25 Chamber gift card (each team member will receive a gift card).

**Initial and Final Weigh In:** Initial and Final weigh-ins must be completed with a team member or the Wellness Coordinator. If your team would like to be weighed by the Wellness Coordinator, please check the following checkbox and you will be contacted to arrange a weigh in time the week of November 21st.

Yes, please contact my team to arrange a weigh in time.

**Initial Weight**  
(As recorded by team member or Wellness Coordinator) (To nearest tenth of a pound)

**Name**

**Email**

Name	Email	Initial Weight

**Team Name:**

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## Personal Weight Log

It is important to keep a personal record of your weight each week. This will help you stay on track so you can meet your goal of weight maintenance. Remember it is best to use the same scale throughout the challenge and to weigh in at the same time of day.

	Date	Weight (Nearest Tenth)	Comments/Challenges/Successes
<b>Initial Weigh In:</b> (11/20—11/26)			
<b>Week 1:</b> (11/27—12/3)			
<b>Week 2:</b> (12/4—12/10)			
<b>Week 3:</b> (12/11—12/17)			
<b>Week 4:</b> (12/18—12/24)			
<b>Week 5:</b> (12/25—12/31)			
<b>Final Weigh In; Week 6:</b> (1/1—1/7)			

