



The Wellness Program

WVU Healthcare

Worried about gaining weight over the holidays? **Maintain Don't Gain** is a weight maintenance program designed to get you through the holiday season!

The holidays are almost here! Need a little extra motivation to exercise and eat healthfully this time of year? Then **Maintain Don't Gain** is the program for you! Your weight will be recorded once just before Thanksgiving, then a second time right after the New Year. The goal is to be no more than two pounds over your starting weight at the end of the holiday season!

Four easy steps to participate!

- Complete the **Maintain Don't Gain** registration form and visit The Wellness Program office ★ (on the 8th floor of HSC South) for your initial weigh-in any time between November 14th - November 23rd. Our office hours are 8:00 a.m. until 4:30 p.m., Monday through Friday.
- Although not mandatory, we encourage participants to continue to weigh-in once a week at ★ The Wellness Program office. All weights are kept strictly confidential!
- Stick to the **Maintain Don't Gain** Holiday Promise by being active, eating healthfully and ★ tracking your calories during the holiday season! We will help you along with helpful tips and other information on our website at www.hsc.wvu.edu/wellness.
- Visit The Wellness Program office again any time from January 2nd until January 6th for your ★ final weigh-in! If you are unable to make it to our office, you may send your initial and final weigh-ins to The Wellness Program at P.O. Box 9146. **Please note: Initial and final weigh-ins must include the signature of a witness in order for the participant to qualify for grand prizes!**

PRIZE DRAWING!

Everyone who completes both an initial weigh-in and a final weigh-in will be placed in a drawing for a \$50 shopping spree from Dick's Sporting Goods.

THIS PROGRAM IS OFFERED AS A HEALTH MANAGEMENT PROGRAM FOR WVU HEALTHCARE EMPLOYEES CARRYING THE GEISINGER HEALTH PLAN



The Wellness Program

WVU Healthcare

**Don't SUPERSIZE Yourself
This Holiday Season!**

Holiday Promise

Through a sensible approach to eating, physical activity, and stress management, I promise to enjoy this holiday season without gaining weight! I promise that I will take the time to read and use the Maintain Don't Gain information available to me. I promise to:

Enjoy my Thanksgiving dinner by being full of thanks and eating healthy food.

Enjoy this holiday season by focusing on family and friends, not the materialism of the "consumer trap."

Have a safe and healthy New Year by focusing on friends and family instead of food and alcohol.

Start the New Year weighing no more than two pounds over my Thanksgiving weight!

Name: _____

Department: _____ P.O. Box: _____

Phone: _____ E-mail: _____

My pre-Thanksgiving weight is: _____ pounds. Date: _____

Witness (initial weigh-in): _____

My post-New Year weight is: _____ pounds. Date: _____

Witness (final weigh-in): _____

**Please visit The Wellness Program, 8th Floor Health Sciences, Room 8722
no later than 4:30 p.m. Wednesday, November 23rd for your initial weigh-in.**



Offsite Affidavit Weigh-In and Weigh-Out

Name: _____ Location: _____

Department: _____ P.O. Box: _____

Phone: _____ E-mail: _____



This section to be completed by the Witness.

Recorded weights must be from the same balanced scale.

My pre-Thanksgiving weight is: _____ pounds. Date: _____

Witness (Please Print): _____

Signature: _____

My post-New Year weight is: _____ pounds. Date: _____








Witness (Please Print): _____

Signature: _____

Any falsification of this document is subject to disciplinary action which could result in termination.

**Please return this form to The Wellness Program, P.O. Box 9146
no later than *Wednesday, November 23rd* to register and turn in initial weight.
Also, please return this form with your post-New Year weight no later than *Friday,
January 6th*. You may also fax it to The Wellness Program at 293-3725.
Questions? Call 293-2520!**

Maintain Don't Gain Weekly Food Diary

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------|---|---|--|---|---|---|---|
| Date | | | | | | | |
| Breakfast | | | | | | | |
| Lunch | | | | | | | |
| Dinner | | | | | | | |
| Snacks | | | | | | | |
| Total Calories | | | | | | | |
| Water |  |  |  |  |  |  |  |
| Exercise (minutes/day) | | | | | | | |

Send this form weekly
 Fax: 304-293-3725
 Mail: The Wellness Program PO Box 9146
 Email: wellnessprogram@hsc.wvu.edu

Name: _____