

Beat the Holiday Bulge !

The countdown is on! The Beat the Holiday Bulge Challenge begins in less than one week!! **Starting date is Monday, Oct 12th!!!**

Fight the Fat with our 12-week long interactive Beat the Holiday Bulge Workshop.

The Beat the Holiday Bulge Workshop is a free, all-inclusive wellness tool that promotes health, wellness and weight management through a series of fun, interactive tools. From **October 12th through January 1st**, you'll learn essential dietary and exercise habits that can keep you on the path for weight management success, not only during the holiday season, but throughout your everyday life as well! Take advantage of the opportunity to:

- Learn the elements of a weight management program and the keys to long-lasting success
- Establish and maintain a cardiovascular workout routine
- Incorporate strength training and stretching routines
- Understand and implement healthy eating habits
- Develop methods for overcoming pitfalls, plateaus, time restraints and setbacks (both physical and emotional)
- Maintain healthy habits for daily living



On Monday, October 12th, click on www.beattheholidaybulge.com to get started!