

Maintain Don't Gain

November 2016
thru January 2017

Survive the Winter Holidays with the goal of not gaining more than 2 pounds of your starting weight.

Weigh-in before Thanksgiving, before Christmas and after New Years.



Weigh-In at the Seward County Extension Office, 1081 Stadium Road in Liberal

Starting Weigh-in will be held:

Monday, November 14th - Friday the 18th
and Monday, November 21st - Wednesday the 23rd

Mid-Program Weigh-in will be held:

Monday, December 12th - Friday the 16th

Final Weigh-In will be held:

Monday, January 2nd– Friday the 6th, 2017

Those who complete all three weigh-ins will be eligible for a drawing for one of two \$50 Liberal Chamber Bucks!

Sign up at Seward County Extension Office, 1081 Stadium Rd, Liberal

**You may download the forms at: www.seward.ksu.edu
Email sw@listserv.ksu.edu or Call 620-624-5604**

Program Fee: \$5
which will include
resource materials
to support your
healthy lifestyle.



Maintain Don't Gain



A weight-maintenance program designed to you get through the holiday season!

Worried about gaining weight over the holidays?

The holidays are almost here! Need a little extra motivation to exercise and eat healthy this time of year? This program is for you! Your weight will be recorded just before Thanksgiving, a second time mid-December, and finally 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.

It is easy to participate!

- Complete the Maintain Don't Gain registration form along with the \$5 registration fee and visit the Seward County Extension Office at 1081 Stadium Road, Liberal for your initial weigh-in anytime Monday, November 14th through Friday the 18th and November 21st through the 23rd. Office hours are 8 a.m.—12 noon, 1 - 5 p.m.
- Return for the mid-program weigh-in Monday, December 12th through Friday the 16th.
- Finally, visit anytime Monday, January 2nd through Friday the 6th for your final weigh-in.
- Stick to the Maintain Don't Gain Promise by being active and eating healthy during the holiday season! We will help you with helpful tips and other information via e-mail.
- If you are unable to make it to our office, you may send your initial weigh-in along with the \$5 registration fee to Seward County Extension, 1081 Stadium Road, Liberal, KS 67901 by Nov. 23 . Final weigh-in must be received by January 11, 2017. Please note: Initial, mid and final weigh-ins MUST be from the same balanced scale and include the signature of a witness in order for the participant to qualify for the grand prize drawing.

Prize drawing!

Everyone who completes the initial, mid-program and a final weigh-in will be placed in a drawing for one of two \$50.00 Liberal Chamber Bucks!

Questions? Call the Seward County Extension Office at 620-624-5604

stop by 1081 Stadium Road, or e-mail sw@listserv.ksu.edu



Don't SUPERSIZE yourself this Holiday Season!

Maintain Don't Gain Holiday Promise



Through a sensible approach to eating, physical activity, and stress management, I will enjoy this holiday season without gaining weight. 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 foods.
- Enjoy this holiday season by focusing on my 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: _____

Address: _____

Phone: _____ E-Mail: _____

My Numbers

My Pre-Thanksgiving Weight is: _____ Pounds. Date: _____

Witness: _____

My Mid-Program Weight is: _____ Pounds. Date: _____

Witness: _____

My post-New Year Weight is: _____ Pounds. Date: _____

Witness: _____

Please visit the Seward County Extension Office, 1081 Stadium Road, Liberal no later than

November 23, 4:30 p.m. for your initial weigh-in.



Don't SUPERSIZE yourself this Holiday Season!

Maintain Don't Gain

Offsite Affidavit

Please use this form if you intend to weigh-in at a location other than the Seward County Extension office. *Return the top portion by November 23rd along with your \$5 registration fee to: Seward County Extension Office, 1081 Stadium Rd., Liberal KS 67901.*

After final weigh-in return the 'My Numbers' portion to the Extension Office. *This must be received no later than January 11th.* Recorded weights must be from the same balanced scale and signed by a witness.

Name: _____

Address: _____

Phone: _____ E-Mail: _____

My Numbers Name _____

My Pre-Thanksgiving Weight is: _____ Pounds. Date: _____

Witness: _____

My Mid-Program Weight is: _____ Pounds. Date: _____

Witness: _____

My Post-New Year Weight is: _____ Pounds. Date: _____

Witness: _____

Any falsification of this document is subject to removal of eligibility for the prize drawings.

Return the top portion of the form to the Seward County Extension Office, 1081 Stadium Rd, Liberal no later than Nov. 23rd to register. The "My Numbers" portion must be received by Jan. 11, 2017.