

2025

Maintain Don't Gain

Campaign Dates: Nov 17 - Dec 12

Join HR - Wellness during our 4 - week Maintain Don't Gain Campaign!

Kick off the holiday season with our simple tips and activities to assist you in getting or staying active and healthy. Employees can earn gifts and raffles along the way!

How to Participate:

- Step 1:** Weigh-in during Open Enrollment in-person OR via email by sending your starting weight to Wellness@transitchicago.com.
- Step 2:** Participate in weekly activities sent via email.
- Step 3:** Weigh-out between Dec 15 - Dec 19, 2025, in-person or via email. ^

^In person weigh-out schedule will be emailed to participants.

Weigh-In dates: Oct 27 - Nov 14

Weigh-Out dates: Dec 15 - Dec 19

Scan to view the full in-person weigh-in schedule



wellness@transitchicago.com