



Maintain Don't Gain 2024

Join CTA Wellness during our 8-week Maintain Don't Gain Challenge! This program gives you easy tips and activities to stay healthy and avoid gaining weight over the holidays.

Weigh-In Dates: Oct. 28 - Nov. 15

How to Participate:

Step 1: Weigh-in during open enrollment via email or in-person.*

Step 2: Participate in weekly activities sent via email.

Step 3: Weigh-out between Jan 15 - Jan 19, 2024, via email or in-person.**

Challenge Dates: Nov 18 - Jan 10

- Week 1** Increase Your Daily Steps – 10 ways to Get More Steps
- Week 2** Live Workout Session – Reps and Rounds with Dumbbells
- Week 3** Live Meditation & Deep Breathing Session
- Week 4** Holiday Hustle – Quick Strength Circuit for a Busy Schedule
- Week 5** Tips to Reduce Holiday Stress
- Week 6** Increase your Movement Minutes – LWS: Cardio Intervals
- Week 7** Goal Setting for the New Year
- Week 8** Ask the Experts with Coach Travis & Coach Yohannes



*In person weigh-ins will be conducted during Open Enrollment. Scan the QR code to view.

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

