

# 2022 EAT, LIVE, AND BE HEALTHY WELLNESS CHALLENGE

NOVEMBER  
2022

In 2022, the Chronic Disease Action Team of the Healthy St. Mary's Partnership is encouraging community members to join our year-long wellness challenge. This challenge will promote healthy habits, provide education and resources, and encourage community members to eat, live, and be healthy in 2022!



## "Maintain, Don't Gain" over the holidays

Goal: Avoid unwanted holiday weight gain



"Don't lose heart.  
Stay consistent. It  
will take patience  
and persistence."

– Dr. Neal Malik

The holiday season can be a difficult time of the year to stay physically active and maintain your weight. Getting through the holidays can be daunting, but it doesn't have to be that way. Set the goal of maintaining your weight this holiday season instead of struggling to lose weight. Take the time to celebrate with family and friends during the holidays, and to enjoy the festivities. Balance these celebrations with maintaining your weight by:

- Controlling portions
- Keeping moving
- Weighing in regularly
- Eating lean protein
- Starting the day with a healthy breakfast
- Using the rule "If you don't love it, don't eat it."
- Satisfying a craving with a few bites
- Eating off of a plate instead of mindless munching
- Sitting down and savoring every bite

# NOVEMBER RESOURCES

HEALTHY EATING  
THROUGH THE HOLIDAYS



## Maintain, Don't Gain! Healthful Holiday Eating Tips

Check out these 8 tips to maintain, not gain during the holiday season.

## Maintain Don't Gain weight management weight tracking tool

Use this personal tracker to help you stay on a healthy path this holiday season.



Remember to submit your training log by December 1 to be entered to win this month's prize!

SUBMIT YOUR  
LOG HERE