



Drop 5 Holiday Scale Freeze announcement

*Copy and paste into an email or newsletter or post on your intranet.
Include tracker on Page 2.*

Holiday Scale Freeze

Ready, set, go!

Today's the first day of the ***Holiday Scale Freeze Challenge***.
Your challenge commitment and tracking sheet is attached.

Challenge goal: Try to maintain your weight through the holidays.

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Fact: According to a study published in the *New England Journal of Medicine*, the average American's weight increases by 0.4% over Christmas and 0.2% over Thanksgiving. In total, this amounts to around one pound gained per holiday season for the average person.



- Exercise first thing in the morning.
- Go for a walk after a big meal.
- Plan exercise activities.
- Prioritize exercise in your day.
- Have family and friends pick a group exercise.

How I will incorporate exercise: _____



- Have a plan going into a holiday meal.
- Watch portion sizes.
- Avoid emotional eating.
- Plan for indulgences.
- Drink enough water.
- Weigh yourself once a week.

How I will stay on track nutritionally: _____



- Prioritize time for mindfulness.
- Practice good sleep hygiene.
- Introduce meditation to your family.
- Try a new meditation.
- Create resilience through body awareness.
- Remember the value of one deep breath.

How I will practice mindfulness: _____

My beginning weight on 11/24/2021: _____

My ending weight on 1/2/2022: _____