



No Weight Gain Contest It's that time of year again!

Stay healthy and active this holiday season and prevent the pounds from packing on between November and January with this easy, supportive contest.



Maintain your weight and earn a chance to win one of ten \$100 VISA gift cards!

Receive a prize just for completing a weigh-in with another prize awarded after you weigh-out.

Weigh-in at or near your worksite the week of November 14th to get started.

For a list of weigh-in stations, visit www.pima.gov/hr/health/noweightgain.html and look for flyers posted in your area with dates, times, and locations

HAPPY HOLIDAYS!

