Maintain, Don't Gain!
Virtual Edition!

Do you need help managing your weight over the holidays? Join this year's 8-week holiday wellness challenge, where you will be provided with various tools and resources to keep you on track.

Record your activities via the MoveSpring App to be eligible to win prizes!

It's not too late to join! Register for a chance to win prizes!

Now – Jan. 10, 2022

How to Join:

STEP 1: Download the MoveSpring App (App Store or Google Play).

STEP 2: Register for the 8-week challenge at tinyurl.com/pmpx8bbt (or scan QR code).

STEP 3: Your participation in the weekly challenges will make you eligible for raffled prizes! All wellness activities will be tracked via the MoveSpring App.

Email wellness@transitchicago.com with questions
Maintain, Don't Gain!

8 Weighs to a Better You!
Week 1: Healthy Holiday Substitutes

Healthy Green Bean Casserole
Vegan Mushroom Gravy
Slimmed Pumpkin Pie
Maple Roasted Sweet Potatoes
No-Sugar Added Cranberry Sauce
Cauliflower Mashed Potatoes
No Pie Apple Pie
Macaroni & Cheese, Lighted-Up

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8 Weighs to a Better You!
Week 2: Live Cooking Demonstration

November is Diabetes Awareness Month

Diabetes Awareness & Live Cooking Demonstration

with Licensed Dietitian, Allison Lewis

Join us for an informative seminar on diabetes, and look forward to a live cooking demonstration with a diabetes professional.

Recording Now Available
Click Here

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8 Weighs to a Better You!
Week 3: Live Boot Camp

Join CTA's onsite fitness coach, Brandon Matanick, for a 30-minute boot camp to keep your holiday season goals on track.

No equipment needed!*

Monday, December 6
12:00 - 12:30 PM CT

Register at tinyurl.com/6ehw2cze

*Consult your doctor before participating in an exercise program.

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8 Weighs to a Better You!
Week 4: Well-Informed Seminar

Holiday Happiness
Tuesday, December 14
12:00 - 1:00 PM CT

The holidays can bring an array of emotions for different people. Don't let seasonal blues steal your happiness. In this seminar, learn ways that you can maintain a positive outlook during the holiday season.

Register at:
tinyurl.com/s9ybzdh

Or Dial in: 1-866-205-5379
Access Code: 179 885 9820

Email wellnesscoach@transitchicago.com with questions
Meditation is the practice of focusing your attention to help you feel calm and give you a clear awareness about your life. It can help reduce stressors that could be negatively contributing to wellness goals. Deep breathing is one of the best ways to lower stress in the body. Here is a step-by-step breathing practice.

**Belly Breathing**

Belly breathing is easy to do and very relaxing. Try this basic exercise anytime you need to relax or relieve stress.

1. Sit or lie flat in a comfortable position.
2. Put one hand on your belly just below your ribs and the other hand on your chest.
3. Take a deep breath in through your nose, and let your belly push your hand out. Your chest should not move.
4. Breathe out through pursed lips as if you were whistling. Feel the hand on your belly go in, and use it to push all the air out.
5. Do this breathing 3 to 10 times. Take your time with each breath.
6. Notice how you feel at the end of the exercise.

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8 Weighs to a Better You!

Week 6: Three Natural DIY Detox Recipes

Detox drinks are a great way to naturally cleanse your body of toxins while filling it with valuable nutrients. Whether you're looking for an energy boost, or coming off a heavy holiday meal, these DIY (Do it yourself) detox recipes are easy to make and healthy for you!

**Lemon Cucumber Water**
Add lemon and cucumber slices to water and let it set to maximize nutrients into the detox water. Refrigerate for 30 minutes.

**Apple Cinnamon Water**
Place 2 thinly sliced apples and 4 cinnamon sticks in a pitcher. Refrigerate for 2-4 hours.

**Fresh Berry and Mint Spa Water**
Add blueberries, blackberries, raspberries and fresh mint to a glass container. Cover and refrigerate overnight.

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8 Weighs to a Better You!

Week 7: Seven Days of Movement

Move for just 5-10 minutes each day, whether it's intense exercise or a light stretch. Getting the blood flowing will help alleviate stress and boost your energy.

Sunday: 7 Bodyweight Exercises that Can Be Done from Anywhere!
Monday: 4-Full Body Exercises Using Just One Resistance Band
Tuesday: 4 Stretches You Need After Sitting for Long Periods
Wednesday: 6 Modified At-Home Exercises
Thursday: 5 Exercises to Help with Lower Back Pain
Friday: 10 Exercises for the Core & More!
Saturday: Stretching & Breathing

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8 Weighs to a Better You!

Week 8: Live Boot Camp

Join CTA's onsite fitness coach, Brandon Matanick, for a 30-minute boot camp to kick off the new year. No equipment needed!*

Monday, January 10
12:00 - 12:30 PM CT

Register at tinyurl.com/ur86ym5u

*Consult your doctor before participating in an exercise program.

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**Maintain, Don't Gain!**

**Food Journal**

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