



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/pmxp8bbt
(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.





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*



Maintain, Don't Gain!

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



Live Holiday 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/s9ybzdah



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



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8 Weighs to a Better You!

Week 5: Meditation Techniques

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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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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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***



Healthy New Year 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**

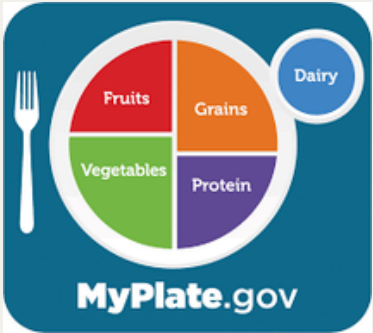
Register at tinyurl.com/ur86ym5u



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Food Journal

Time	Food/Amount	Hunger (1-10)*	Place	Feelings