

Maintain...Don't Gain!

Nov 29, 2010 – Jan 3, 2011

Did you know that the average American gains one to five pounds over the holiday season and never loses this weight? This one- to five-pound weight gain can turn into 10, 20 or even 50 pounds over the course of a decade.

Join our 2010 Holiday Pounds challenge to MAINTAIN your weight and NOT GAIN. Maintain or lose weight during the challenge to be entered into prize drawings. For detailed instructions on joining, please visit www.kentuckianahealthalliance.org, and click the  logo.

