

**Mission:**

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



**Rick Scott**  
Governor

**John H. Armstrong, MD, FACS**  
State Surgeon General & Secretary

**Vision:** To be the **Healthiest State** in the Nation

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For Immediate Release



**THIS HOLIDAY SEASON: MAINTAIN DON'T GAIN**  
*Free online program offers tips*

(Martin County, FL) With the start of the holiday season just days away, The Florida Department of Health in Martin County is urging residents to eat smart, move more and take part in the *Maintain, Don't Gain Holiday Challenge*. This free seven week online program, offered in partnership with North Carolina State University, provides ideas and tips for maintaining a healthy weight during the holiday season.

Americans typically gain between 1 and 5 pounds throughout the holidays and most will never lose those extra pounds. This season, Healthiest Weight Florida encourages Floridians to challenge themselves to maintain their current weight with the *Maintain, Don't Gain Holiday Challenge*. This challenge runs from November 17 through December 31 and provides the following resources:

- Seven weekly newsletters
- Daily Tips
- Mid-week Challenges
- Healthy holiday recipes
- Motivation and support from other participants

For more information and to sign up visit the [Maintain, Don't Gain Holiday Challenge](#).

[Healthiest Weight Florida](#) is a public-private collaboration bringing together state agencies, not-for-profit organizations, businesses and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living.

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