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MAINTAIN, DON'T GAIN THIS HOLIDAY SEASON

Free online program offers tips: November 14 - December 31

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Martin County, FL – With the start of the holiday season just weeks 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.

"The delicious foods associated with the holiday season can be so tempting and can lead many of us to a wider waistline. With a balance of nutritious food and regular exercise, we can enjoy the seasonal treats and maintain a healthy weight." said Karlette Peck, Health Officer for the Florida Department of Health in Martin County.

Many Americans gain between one and five pounds each holiday season. Last year, more than 1,600 Floridians participated in the Maintain, Don't Gain! Holiday Challenge, the second most participants of all 50 states, and received helpful advice on enjoying the holidays in a more healthy way. Participants in last year's challenge experienced beneficial results. Sixty-seven percent reported they maintained their weight, 18 percent lost three to five pounds and 98 percent said they will continue to use the strategies learned during the challenge.

The 2016 Holiday Challenge includes:

- Seven weekly newsletters delivered to your inbox;
- Tips to host a healthier Thanksgiving, manage holiday stress and survive a holiday party;
- Weekly challenges, winners and prizes;
- Support through social media;
- Healthy holiday recipes; and
- Motivation and support from other participants.

For more information and to register for the 2016 Maintain, Don't Gain! Holiday Challenge, please visit the Healthiest Weight Florida [website](#).

About the Florida Department of Health The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts. Follow us on Twitter at [@HealthyFla](#) and on [Facebook](#). For more information about the Florida Department of Health please visit www.FloridaHealth.gov.