Don’t wait for the New Year to start your healthy resolutions. Practice habits this holiday season with your colleagues that support weight management and a healthy lifestyle.

ALL PARTICIPANTS WILL RECEIVE:

- Weekly emails with healthy tips, recipes, and resources for adopting and maintaining healthy behaviors
- A starter kit with gifts and Challenge materials
- A chance to win raffle prizes including gift cards and a Fitbit Alta

CHALLENGE YOURSELF THIS HOLIDAY SEASON

SIGN UP NOW

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