



MAINTAIN
DON'T GAIN

Don't forget to
[track your
progress](#)

Week 8: Here's to the new, healthy, you!

Congratulations! You've made it to the last part of Maintain Don't Gain. Over the past few weeks, you've learned to work in workouts, snack healthier, stay calm and balanced, and be social without breaking your diet. So why not keep these healthy habits going? With a little daily effort, you can maintain, not gain – plus work toward new goals – for the new year. Here are some ways you can keep up the healthy work and keep off the extra weight.

Your Tips:

- **Rise and shine.**
Eating breakfast is a simple way to maintain your weight. Be sure to include protein in your meal so it sticks with you. Try peanut butter and whole grain toast, oatmeal with nuts, or plain yogurt with fruit.
- **Go for 30.**
Aim to get at least 30 minutes of exercise every day. Try walking with a friend to stay motivated.
- **Stay outside.**
Shop the outer aisles of the grocery store. It's where you'll find most of the minimally processed whole foods – like fruits and vegetables, fish, chicken, and low-fat dairy products.

Your UCI Resources:

- Get outside and explore the UCI Campus and Medical Center with [Ant Trails Maps](#)
- Explore everything UC has to offer to help you live well. Check out your [UC Wellness Resources](#)
- Learn more about your [UCI Wellness Program](#)
- Attend the [New Year, New You Expo](#) on Jan. 27 at the UCI Campus



View a past UCI Wellness workshop:
[Sleepy Healthy](#)



Download a recipe created by UCI Campus Recreation Chef Jessica:
[Vegetable Biryani](#)



Watch a recorded EAP webinar:
[Laughter, Humor, and Play to Reduce Stress & Solve Problems](#)