



TEXAS A&M  
**AGRI**LIFE  
EXTENSION

# ENJOY YOUR HOLIDAYS THE HEALTHY WAY

**Maintain No Gain** provides motivational tools, healthy recipes, and fitness tips to help you control your weight over the holiday season, a 6-week period when the average American gains extra pounds. Anyone can participate! It's FREE.

## WHEN:

The program begins on November 12, 2018 and lasts for 6 weeks.

## WHERE:

The program takes place online, with interactive activities related to nutrition, physical activity, stress and emotional eating, and social support.

## HOW TO REGISTER:

Visit [learnonline.agrilife.org](http://learnonline.agrilife.org) and create an account, if needed. Then, just select "Maintain No Gain - Healthy Holidays 2018" and type in "holidays18" for the enrollment key. You're all set!

## CONTACT:

Texas A&M AgriLife Extension is an equal opportunity employer and program provider.  
Program created by the Texas Department of State Health Services.