



You are unlikely to experience snow this winter but you are very likely to experience piles of food, to-do lists, and stress!

Signing up for the Maintain Campaign is a fun way to stay healthy during the holidays.

- ❄ The Maintain Campaign begins Monday, November 21, 2016 and ends Sunday, January 8, 2017 for a total of seven weeks.
- ❄ This is a team competition. Each team will consist of four employees. Come up with a team name, register your team, and weigh in at the beginning and at the end.
- ❄ Each team will support each other as they complete seven weeks of healthy habit tasks resulting in a maintained weight at the end of the holiday season.
- ❄ The winning team with the most points will be rewarded.

**All teams must register and weigh in
by November 21st.**

- **[Instructions](#)**
- **[Registration](#)**

If you have any questions or need additional information,
contact the Wellness Center at 464-4049

or wellness@pinellascounty.org.

Visit us online at www.pinellascounty.org/hr/wellness

