

# *Maintain, Don't Gain!*

Health Improvement Challenge

*Commit, control, maintain*

## **Time to weigh-out!**

It's been six weeks since employees participated in the Maintain, Don't Gain! Health Improvement Challenge.

Now is the time to find out if you were able to maintain your weight or stay within two pounds of your weigh-in weight.

Come and get "weighed-out" on: \_\_\_\_\_

For more details contact: \_\_\_\_\_



**AmeriHealth**

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