



MAINTAIN DON'T GAIN

GETTING STARTED

October 24 - December 2

Healthy habits can improve your life! Most Americans gain between 1-3 pounds during each holiday season. This year, focus on maintaining your weight by creating healthy habits and managing stress. In this challenge, participants will be focusing on creating new healthy habits and maintain them through the start of the busy holiday season. Team up or participate individually to earn points by tracking your daily activity, sleep and stress as well as your fruit, vegetable and water consumption. Participants and teams have chances to win prizes weekly and at the end of the challenge through Live Healthy Wine Country.

- » Form a team of 1-10 participants
- » Elect a team captain and choose a team name
- » Gather team members' email addresses
- » Team Captain will register the team

REGISTRATION INCLUDES

- » Local discounts
- » Weekly motivational emails
- » Healthy recipe ideas

HOW TO REGISTER

Registration is open October 10 - 28

CAPTAIN

- » Go to:
www.livehealthywinecountry.com
to register team.
- » Click **JOIN TODAY**.
- » Enter your Group
Registration ID **LHWCSOE**
- » Complete registration process.
 - » You will receive an email confirming you've completed the registration process.
- » Edit your profile.
- » Start tracking your activity.

TEAM MEMBER

- » You will receive a **CONFIRMATION EMAIL** after your Team Captain has completed registering your team.
 - » The confirmation email will contain your username and password. **You must login** to be recognized as a member of your team.
- » Go to:
www.livehealthywinecountry.com
- » Click **LOGIN**.
- » Edit your profile.
- » Start tracking your activity.

TRACKING

- » Log into your dashboard:
www.livehealthywinecountry.com
- » Click on the myTracker tab to start logging your activity.
- » Tracking activity with a device or App (optional).

Maintain Don't Gain Focus Areas:

- » MoveWell
- » EatWell
- » SleepWell
- » DrinkWell
- » BeWell