



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HO HO HOLD YOUR WEIGHT

## Holiday Fitness Incentive

YMCA OF THE FOX CITIES

November 13, 2017-January 14, 2018

This holiday weight maintenance program will help people avoid the "Seasonal Seven" that people tend to gain between the Thanksgiving, Christmas and New Years holidays. All participants who maintain or lose weight during the program will have a chance to win a gift card.

**NEW THIS YEAR** - The Y is partnering with Weight of the Fox Valley to provide you with tips and tricks to be successful during the holidays. Information on how to sign up and receive this information will be provided at your initial weigh-in.

### Weigh-Ins:

**November 13-19, 2017**

(Weigh-ins will be held at all YMCA of the Fox Cities locations.)

### Mid-Point Weigh-Ins:

**December 18-24, 2017**

Participants will receive a small prize at mid-point weigh in if they are at or below original weight.

(Weigh-ins will be held at all YMCA of the Fox Cities locations.)

### Final Weigh-Outs:

**January 8-14, 2018**

(Weigh-outs will be held at all YMCA of the Fox Cities locations.)

**COST: \$5**

To register for "Ho Ho Hold Your Weight", visit any of the YMCA of the Fox Cities locations during one of the weigh-in times listed above. At that time, you will pay a \$5 registration fee and perform your initial weigh-in.

For additional information contact the Member Services desk at any YMCA of the Fox Cities locations or visit our website [ymcafoxcities.org](http://ymcafoxcities.org).

THE  
**WEIGHT**  
OF THE  
FOX VALLEY

Calumet, Outagamie and Winnebago Counties

