

# Sample Content for Holiday Trimmings Promotional Flyer

The holidays are coming — are you concerned about gaining weight with all the treats and celebrations?



## Sign up for *Holiday Trimmings!*

An 8-week program that helps you maintain your weight during the holiday season

**What:** This eight-week program will help you prevent weight gain during the holiday season. Our program starts [DATE](#) and requires participation in a pre-program weigh-in and survey, and a post-program weigh-in and survey.

You'll receive weekly emails with helpful tips and information about setting goals, making smart food choices, getting physically active, managing your stress, rewarding yourself, staying motivated, dealing with New Year's resolutions and discovering the secrets to long-term weight management.

We'll also be hosting a few lunch-and-learn presentations, so don't miss out!

**Cost:** [Outline any costs associated with your program here.](#)

### **Weigh-in Dates:**

[Insert information on days and dates.](#)

### **More information:**

[Insert organizer's contact information and where to pick up registration forms.](#)





# Holiday Trimmings Tracking My Success Calendar

Track your physical activity, weight, stressors and the coping strategies you use. On the calendar below, place the corresponding sticker on each day that you are:

- Physically active
- Successful in practicing stress management
- Successful in weight management or healthy eating

Hang your tracking calendar on your office wall or refrigerator where you can be reminded of your success!

Week 1 ____ lbs.	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 2 ____ lbs.	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 3 ____ lbs.	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 4 ____ lbs.	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 5 ____ lbs.	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 6 ____ lbs.	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 7 ____ lbs.	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 8 ____ lbs.	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday