

Join us for the

FREEZE! CHALLENGE

Most people gain a pound or two during the holiday season. With all the holiday parties and seasonal snacks it's hard not to! This year, don't let the holidays get the best of you and your weight—instead of gaining, try maintaining!

This wellness challenge is designed to help you maintain your current weight (or lose a few pounds!) during the holiday season. You'll weigh in at the beginning of the campaign and then track your weight weekly on your Freeze! Challenge worksheet for the 8-week period. At the end of the 8 weeks, you'll weigh out to complete the challenge!

