

JOIN US FOR THE FREEZE CHALLENGE.

The holidays can make it hard to watch your waistline. While most people gain one to two pounds over the holidays, you don't have to be one of them! Join the Freeze Challenge to try to maintain your weight instead of gaining it.

How it works

Weigh in at the challenge kick-off, and then track your weight weekly for 8 weeks on the activity tracker. Read the weekly flyers for tips to help you maintain your weight. Once the challenge ends, you'll weigh out to get your results.

The goal

The goal of the Freeze Challenge is to help you maintain your current weight (or even lose a few pounds) during the holiday season.

A photograph of a person's feet standing on a silver mechanical scale. The scale's dial is visible, showing a weight of approximately 150 pounds. The dial has markings from 0 to 300 in increments of 20. A red needle points to the 150 mark. The scale is placed on a light-colored tiled floor. In the upper right corner of the image, there is a circular logo with a light teal border. The logo contains the text "SCHURZ CHOICE" in blue, with a green checkmark inside the letter 'O' of "CHOICE". Below this, in smaller blue capital letters, is the text "BENEFITS PROGRAM".

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