



Maintain, No Gain – Holiday Challenge

Purpose

Maintain, No Gain is a weight management program designed to encourage everyone to gain no more than two pounds during the holiday season (Thanksgiving through New Year's). This packet is designed to encourage good eating habits and being physically active most days of the week during the holiday season. This six-week program will serve as a guide to control holiday weight gain and encourage a healthy lifestyle that will help persons decrease their risk factors for cardiovascular disease and stroke. Also included in the packet are some materials that can be copied and used during the program.

The last section of this packet contains a Program Evaluation Form and Wellness Evaluation Form. Please take the time to fill out and return both forms upon completion of the Maintain, No Gain program. These forms will be used to improve the program.

Cardiovascular Health and Wellness Program
Texas Department of State Health Services



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Why Maintain, No Gain?

The average American will gain 8 to 10 pounds during the holiday season! This six-week program is designed to encourage healthy choices for proper diet and physical activity during the holiday season.

Goal: To maintain weight within two pounds of the initial weigh-in. Weight loss is allowed but not the point.

Registration Fee:
Decided by participants and Program Coordinator.

Who can participate?
Anyone can participate in Maintain, No Gain. It's fun and healthy for everyone!

Incentives: Incentives will be determined and purchased by the Program Coordinator. All participants who maintain their weight within two pounds can be eligible for the Grand Prize Drawing(s). Participants can also be eligible for weekly/bi-weekly incentive prizes!



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How to Get Started...Coordinator's Guide

- 1) Select a Program Coordinator or Committee.
- 2) Set program date to coincide with holiday season.

- 4 Weeks prior to start date

- 3) Develop program guidelines and advertise to employees:
 - a) Participants weigh in on a certain date to get their baseline weight recorded.
 - b) Participants cannot have gained more than two pounds from the baseline weight by the end of the program.
 - c) Participants can lose weight but do not get extra credit for that loss.
 - d) Participants must turn in six weekly log sheets by the weigh out date.
 - e) Participants are encouraged to eat at least 5 servings of fruits and vegetables a day and to be physically active most days of the week.
 - f) An entry fee can be assessed. The fee can be portioned back to participant if successful at the end of the program; a portion goes to prizes, and a portion goes to purchase wellness items and incentives.
- 4) Schedule dates for rooms to weigh in and weigh out. Schedule education programs and demonstrations.
- 5) Determine the collection mechanism for any entry fee or potential prizes.
- 6) Work with management to plan possible policy and/or environmental changes around heart disease and stroke. Examples _____

- **Start Date** -Initial weigh-in and Final weigh-out must be done at same location, same scale, by the Program Coordinator, or their designee

- 7) Weigh in participants on weigh in date, collect fees, and hand out weekly log sheets. Schedule first educational program for that day.

- Weekly after start date

- 8) Make arrangements for collection of weekly Yule log sheets. Each participant must weigh out and enter weight on Yule log sheet. During the collection of each Yule Log sheet, the coordinator will enter participants base weight and will do this all seven weeks. A weekly/bi-weekly incentive may be provided to those who turn in their Yule Log sheets.
- 9) Schedule and hold additional educational sessions during 3rd and 5th week.

- End date

- 10) Weigh out participants on the final date. Determine who is eligible to receive a prize for not gaining more than two pounds. Eligible participants will get a chance at the grand prize, as well as additional smaller prizes.

- 1-2 Weeks after end date

- 11) Advertise successes to the entire worksite and congratulate those who participated. (Certificates, prizes, etc.)
- 12) Review Program Evaluation Forms and make notations for future planning.
- 13) Complete the Wellness Evaluation Form and return it to the Cardiovascular Health and Wellness Program.

Healthy food options are accessible and promoted. (Cafeteria, vending machines, etc.)

Flex time policy for physical activity at worksite

Smoking ordinances/policies



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How to Participate...

Goal: Help maintain weight during the holiday season so that no more than 2 pounds is gained
Rules:

1. The program begins with an initial weigh in to get base weight, there you will pay the program fee, and receive various information and materials that will help you succeed at Maintain, No Gain. Immediately after the weigh-in the participant will attend the first educational program/demonstration.
2. Initial weigh-in and Final weigh-out must be done at same location, same scale, by the Program Coordinator, or their designee
3. Follow the directions below for each week of the program:
 - a) Record zero in the start weight for the beginning of Week 1.
 - b) Place a check or write the name of the fruit and/or vegetable in the 5 A Day section for each day you eat at least five servings of fruits and/or vegetables.
 - c) Place a check or write down the activity in the 5 A Week section for each day you participate in at least 30 minutes of moderate intensity physical activity.
4. Attend educational programs and/or demonstrations that will be held during the seven weeks so be sure and check with your Program Coordinator for locations, times, dates, and activities.
5. Follow the calendar of dates to begin each week, and return your completed weekly Yule Log sheet to your Program Coordinator.

Check your weight maintenance progress:

1. Check with your Program Coordinator about weekly weight checks, additional information and support, and assistance with completing the Yule Log sheet.
2. At the end of the week, or at weekly weighing, weigh yourself to determine the number or pounds gained or lost.
3. If you gain weight, circle the (+) and write the number of pounds gained in the end weight box. If you lost weight, circle the (-) and write the number of pounds lost and if you maintained the same weight circle zero in the end weight box.
4. The end weight for Week 1 will then become your start weight on Week 2 Yule Log sheet.
5. At the end of Week 2, weigh again to determine your progress. Add or subtract the number of pounds gained or lost for the week to the start weight to arrive at your new weight. Continue this for the remainder of the weeks.



Initial weigh-in and Final weigh-out must be done at same location, same scale, by the Program Coordinator, or their designee.

GOAL:
Maintain your weight within 2 pounds of your initial weigh-in. Weight Loss is allowed but not the point



Maintain, No Gain – Holiday Challenge Program Evaluation

1. Were the program materials provided clear and concise? Yes or No
If no, please give suggestions or comments.

2. How many people participated in the program? _____
3. # of participants by Race
White _____ African American _____ Hispanic _____ Asian _____ Other _____
4. # of participants participated in each age group? 16-22 23-29 30-39 40-49 50-60 61-69 70+

5. What was the overall satisfaction from the people who participated?
 - a) Very Satisfied
 - b) Somewhat Satisfied
 - c) Not Satisfied at all
6. Which part of the program do you think was MOST useful?

5. Which part of the program was LEAST useful?

6. Would you conduct this program again? Yes or No
7. Additional Suggestions/Comments.

8. Did your site plan for or implement a policy change around heart disease and stroke prevention in result of the program? Choose method(s) below.
 - a) Healthy food options are accessible and promoted. (Cafeteria, vending machines, etc.)
 - b) Flex time policy for physical activity at worksite
 - c) Smoking ordinances/policies

Thank you for your participation!

Please mail or fax your evaluation form to:

The Cardiovascular Health and Wellness Program-Texas Department of State Health Services

1100 West 49th Street – Tower Room 402

Austin, Texas 78756 Fax: 512-458-7254



Maintain, No Gain – Holiday Challenge

Wellness Evaluation

1. Number of days per week you did some form of physical activity, prior to starting Maintain, No Gain.

0 1 2 3 4 5 6 7

2. Number of weekly weigh-ins, and other Maintain, No Gain events you took part in.

2 3 4 5 6 7 8 9 10

3. Did you eat 5 or more fruits and vegetables each day? Yes or No

4. How many times during the program, did you eat 5 or more fruits and vegetables each day? Yes or No

5. Did you maintain your weight or lose weight during the six-week program?

- a) Yes
- b) No

6. The number of days in a usual week each week you do some form of physical activity, since participating in Maintain, No Gain.

0 1 2 3 4 5 6 7

7. What part of Maintain, No Gain did you like most?

8. What changes would you make to Maintain, No Gain to make it a more effective holiday challenge?

9. Did you plan for or implement a policy change around heart disease and stroke prevention in result of the program? Choose method(s) below.

- a) Healthy Food Policy in place for events
- b) Flex time policy for physical activity at worksite place
- c) Smoking ordinances/policies
- d) Other _____

Thank you for your participation!

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Texas Department of State Health Services- Cardiovascular Health and Wellness Program
Maintain, No Gain – A Community and Worksite Wellness Program



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Resources

Nutrition

CDC Brochure on eating fruits and vegetables for weight management

<http://www.dshs.state.tx.us/phn/5daypdf/CDCfood.pdf>

Here are some easy ways to fill your day with fruits and vegetables as part of a healthy diet:

<http://www.dshs.state.tx.us/phn/pdf/Howmanyfvdoyouneedeng.pdf>

Great fact sheet on fruit and vegetable serving size.

<http://www.dshs.state.tx.us/phn/5daypdf/Serving.pdf>

Physical Activity

Regular physical activity improves the quality of life of all people young and old.

Benefits of regular physical activity:

- increases energy for daily activities
- boosts sense of wellbeing and decreases anxiety and depression
- preserves body function, strength and ability during the aging process
- prevents or reduces cardiovascular disease, diabetes, obesity and high blood pressure
reduces frequency of common colds
- decreases pain from arthritis
- decreases blood lipids (bad cholesterol)

Despite all of the known benefits, the majority of Texans do not get enough physical activity on a daily basis.

- 53% of adult Texans do not meet recommended levels for physical activity and more
27% are not physically active in their leisure time
- 32% of Texas high school students report insufficient levels of physical activity
- 51% of Texas high school students are enrolled in a physical education (PE) class for one
or more days a week
- 85% actually exercise more than 20 minutes while in PE class

Source: Texas Behavioral Risk Factor Surveillance System, Texas Youth Risk Behavior Survey, 2005



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Physical Activity Recommendations for Adults (age 19 – 64)

To reduce the risk of chronic disease: minimum of 30 minutes of moderate-intensity activity on most, if not all, days of the week.

To prevent unhealthy weight gain : up to 60 minutes of daily moderate to vigorous physical activity, while not exceeding daily caloric intake requirements.

To sustain weight loss: 60-90 minutes of moderate intensity physical activity on a daily basis, while not exceeding caloric requirements.

Additional recommendation: strength training at least two days a week

Centers for Disease Control and Prevention (2005)

U.S. Department of Human Services, U.S. Department of Agriculture. (2005) *Dietary Guidelines for Americans*

Physical Activity Recommendations for Older Adults (age 65+)

At least 30 minutes of moderate-intensity physical activity on most days of the week using a variety of activities that include:

- *Aerobic exercise:* moderate-intensity at least 3-5 days a week
- *Strength:* do strength training activities 2-3 days a week
- *Flexibility:* stretch every day

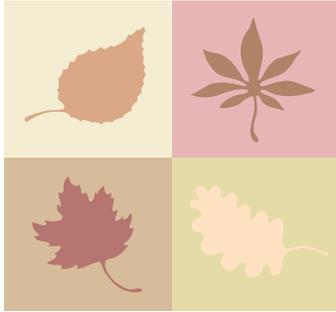
Centers for Disease Control, American College of Sports Medicine 2005

Measure physical activity intensity with the “Talk Test”:

The Talk Test makes it easy to find your physical activity intensity. A person who is active at a *light intensity* level should be able to sing while doing the activity. One who is active at a *moderate intensity* level should be able to carry on a conversation comfortably while engaging in the activity. If a person becomes winded or too out of breath to carry on a conversation, the activity can be considered *vigorous*.



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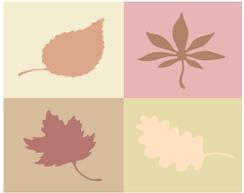
Maintain, No Gain

Certificate of Achievement

Awarded To

2006





Maintain, No Gain



Participant Yule Log Sheet

Week _____ Name _____ Date _____

Beginning Weight _____ Weekly Weigh In _____ Ending Weight _____ (+) or (-) or 0

Type of
Exercise
Duration

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

**Mark down the 5 Fruits/Vegetables you consume each day
for one week**

1
2
3
4
5
6
7
8
9

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Holiday Weight Maintenance Challenge

