

MAINTAIN DON'T GAIN

Through the Holidays Week One

Welcome to the 2016 Maintain Don't Gain Through the Holidays Challenge!

This holiday season, the only thing that should be “stuffed” is the turkey! Many Americans gain between one and five pounds each holiday season. While it might not sound like much, most people struggle to lose those extra unwanted pounds. Rather than focusing on trying to lose weight, this FREE challenge provides participants with tips, tricks, and ideas to help maintain your weight throughout the holiday season. We encourage everyone to try something new, like the yummy recipes provided, or by attending a group fitness class at the Hopi Wellness Center. Keep it fresh, festive and fun! Boredom can easily put a damper in your daily routine. By venturing out and changing things up a bit, it is sure to keep your mind, body and soul wanting more.

CONGRATULATIONS ON TAKING THE CHALLENGE!

REMINDERS

Periodic weigh-ins will help you keep on top of your game plan.

FINAL WEIGH-IN

December 29th

7:00 a.m.—7:00 p.m.

MARK YOUR CALENDAR.

Get Plenty of Sleep.

Don't skip EATING, but MAINTAIN control.

Portion your eating.

INCREASE YOUR AT.

Active Time (AT), is the time you spend moving outside of a workout. Increasing AT throughout the day adds up to more calories burned for the day.

PLAN ME TIME.

Entering a new day or week with a plan often works out best than not planning at all. Set a realistic goal and go after it.

FOR WORKOUT TIPS OR OTHER YUMMY RECIPES CONTACT US.

YUMMY RECIPE

Cosmic Cucumber Wrap

Prep: 15 minutes

Serves: 1

Nutrition information per serving:

Calories: 238, total fat: 5.4g, saturated fat: 1.0g, % calories from fat: % calories from saturated fat: 4%, protein: 13g, carbohydrates: 33g, cholesterol: 22mg, dietary fiber: 4g, sodium: 373mg

- 1 oz. lean ground beef
- 1 tablespoon onion, chopped
- 1 cup romaine lettuce, shredded
- 1/4 cup fresh tomatoes, diced
- 1/4 cup cucumber, diced
- 1 (8inch) whole wheat tortilla
- 1 tablespoon fat-free ranch salad dressing

Brown ground beef and onion in skillet over medium heat, drain excess fat. Mix lettuce and tomatoes together with ground beef mixture. Chop cucumber and mix with salad dressing. Place tortilla on a plate and spread with beef mixture. Top with cucumber and salad dressing mixture and roll wrap.

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