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UWSP Employee Wellness

“Hold the Stuffing”

Employee Wellness challenges each employee to manage his or her own weight by keeping it between one and two pounds beginning the week before Thanksgiving and through the beginning of January.

Look for “Hold the Stuffing” follow-up flyers in January

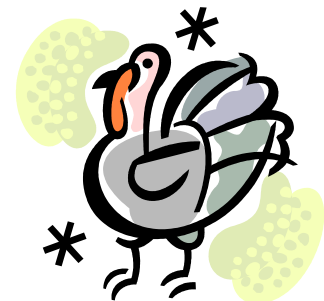
Here’s how you can “*Hold the Stuffing*” over the holidays:

- 1) Visit one of the following locations for a confidential weigh in for your baseline data.
- 2) Don’t go overboard with all of the holiday temptations and continue to do some form of physical activity 3–5 days per week for a minimum of 30 minutes per day.
- 3) Weigh in at the “Hold the Stuffing” follow-up at the beginning of next semester.

*Prizes will be awarded to those that maintain their weight!

Locations and Times for Weigh Ins:

- Residential Living {601 Division St.}–Nov. 10 (9:45–10:30 AM)
- UWSP Safety and Wellness Fair–Nov. 11 (12:00–3:00 PM)
- Materials & Maintenance Building–Nov. 12 (1:30–2:00 PM)
- CPS 218–Nov. 16 (12:00–1:00 PM)
- Science Building {Pendulum}–Nov. 17 (7:30–8:00 AM)
- NFAC{1st floor}–Nov. 18 (3:30–4:00 PM)
- Library {Café}–Nov. 19 (11:30 AM–12:00PM)
- CNR {by couches}–Nov. 23 (7:30–8:00 AM)



Good Luck! If you have any questions email: empwell@uwsp.edu