

## WEIGH DOWN, STAY DOWN



**This challenge helps you to find simple, healthy habits that keep your weight under control, while helping you break unhealthy habits that can lead to weight gain.**

Earn 1 point for each healthy choice you make each day. If your total points for the month are 80 or greater, you will earn a \$20 HRA contribution!

### **EARN 1 POINT WHEN YOU:**

- ▶ Get at least 15 minutes of physical activity
- ▶ Eat a nutritious breakfast
- ▶ Limit sweets and alcohol to 1 serving
- ▶ Stick to a regular meal schedule

