

Maintain Don't Gain



more than

10,000 lbs.
have been lost since 2013

One of our most popular programs, **Maintain Don't Gain** is designed to help employees eat healthier, stay physically active, and manage stress through the holiday season – and it provides extra motivation and support as they start the new year.

- Individually based
- Goal is weight maintenance
- Flexible timeframe of 5-9 weeks
- Weekly health tips for support
- Standard scale may be provided upon request
- Post-program survey tracks results
- Suitable for any size company



The average person gains 4-5 pounds between Thanksgiving and New Year's Day.

With **Maintain Don't Gain**:

- 73% of participants maintained or lost weight since 2013
- 82% participant-completion rate
- 83% satisfaction level of all participants
- 85% of participants are likely to recommend the program to colleagues
- More than 30% of participants have better portion control as a result of the program

bsneny.com/partnerinhealth

“ I had the occasional splurges, so I felt satisfied. I said so many times ‘maintain, don’t gain.’ Yet I really focused on fitting in those ultra-important workouts. I am so much happier these days and I literally feel so amazing physically. ”

- Traci H.
Member