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News Release

Sally Garrett

County Extension Agent – Family & Community Health

Fayette County

Holiday Hold'em – Multi-County Online Holiday Wellness Program to Begin November 20th:

Would you like to maintain or even lose weight this holiday season? A Multi-County Community Wellness program, **Holiday Hold'em** will begin soon, states Sally Garrett, County Extension Agent - Family & Community Health. This free online challenge is designed to encourage participants to gain no more than 2 pounds during the holiday season. Austin, Colorado, and Fayette Counties will be offering this program starting on Monday, November 20, 2023, and will continue through January 1, 2024.

On average individuals gain between 8 and 10 pounds during the holiday season. **Holiday Hold'em** is a 6-week challenge to gain no more than 2 pounds during the holiday season. Starting on November 20th you will weigh in weekly at home, your fitness center, or your preferred site. Taking part in this program for a healthier you will take less than 5 minutes each week. Make it a holiday challenge and get your office, friends and/or family involved. You will receive a Challenge Log to keep track of your progress and each week a newsletter will challenge you to improve your overall health.

Anyone who is interested in participating in this on-line, no-cost challenge can register at <https://fayette.agrilife.org/https-fch-tamu-edu/>. Be sure to register by November 17th so that you are ready for the November 20th kickoff. You'll be enrolled and begin receiving e-communications starting the week of November 20th. If you don't have an email account, you can still enroll by calling the Fayette County office at 979-968-5831 to sign up to have the information mailed to you. All participant information is kept confidential.

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