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## “MAINTAIN, DON’T GAIN!” THIS HOLIDAY SEASON

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**Sanford, Fla.** – The Florida Department of Health in Seminole County (DOH-Seminole) is partnering with North Carolina State University to offer the 2<sup>nd</sup> Annual “Maintain, Don’t Gain!” Holiday Challenge. This free challenge provides participants with tips, tricks and ideas to help maintain their weight throughout the holiday season. Seminole County residents are encouraged to participate.

“While we enjoy this holiday season, it is important to remember health is a year-round commitment,” said Dr. Swannie Jett, Health Officer for DOH-Seminole. “The holiday challenge makes it easier to select healthy choices and prevent missteps during this festive time of year.”

Last year, more than 1,700 Floridians participated in the “Maintain, Don’t Gain!” Holiday Challenge and received helpful advice on enjoying the holidays in a more healthy way. In its inaugural year, challenge participants saw great success. Sixty-seven percent of participants maintained their weight and twenty-six percent lost at least three pounds.

According to [Florida Charts](#), in 2013, fifty-eight percent of Seminole County adults indicated they were overweight or obese. Childhood obesity in Seminole County has declined among students in grades one, three, and six since the start of 2015. Several factors contribute to overweight and obesity, including increased screen time, poor nutrition, and a decrease in physical activity. As a result, many Seminole County residents are experiencing health problems.

“The holiday challenge helps to encourage healthy choices at a time of year when Americans gain weight,” said Stephanie Fyock, Healthiest Weight Coordinator for DOH-Seminole. “Many Americans gain between one and five pounds each holiday season.”

The challenge includes weekly newsletters delivered to your inbox with:

- Tips to manage holiday stress and survive a holiday party;
- Mid-week challenges;
- Healthy holiday recipes; and
- Motivation and support from other participants.

Although the “Maintain, Don’t Gain!” Holiday Challenge began on Monday, November 16, 2015; it is not too late to register at [Healthiest Weight Florida](#). The holiday challenge is scheduled to end on Thursday, December 31, 2015. Contact DOH-Seminole’s Office of Health Promotion and Education at 407-665-3008 for additional information or visit [www.seminolecohealth.com](http://www.seminolecohealth.com).

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