

Holiday Challenge 2020- FAQs

What is the Holiday Challenge?

- The Holiday Challenge is a FREE weight maintenance program that runs from Thanksgiving through New Year's Eve. Instead of focusing on losing weight during such a hectic time of year, we encourage participants to *maintain* their weight throughout the holiday season. During the 7-week program, we send weekly newsletters, daily tips, weekly challenges, and healthy holiday recipes directly to the participant's inbox to help them stay encouraged and motivated. Any adult over 18 years of age across the United States with a valid email address can join the Holiday Challenge. Participants can take part as much or as little as they would like to, as all resources are sent to their email and/or are available online.

When is the Holiday Challenge?

- The 2020 Holiday Challenge will begin on November 16th, and participants will receive the first Weekly Newsletter that morning. The program will run through December 31st. Registration for the Holiday Challenge is always open and does not close, so new participants may sign up at any time.

Where do people register with NC?

- To learn more and to register, click here: [2020 Holiday Challenge](#).

Where do people register with Gates and Hertford County?

- Complete this registration at this Eventbrite link
<https://www.eventbrite.com/e/2020-holiday-challenge-tickets-128514344865>

What is the benefit of registering through Gates and Hertford County?

- Chance to win a prize weekly
- Notification of virtual cooking classes.

How do you win a prize?

- Submit your Weekly Weight Log, Physical Activity log or Food Diary via email to helen_eure@ncsu.edu or stephanie_m_parker@ncsu.edu
- With each weekly submission your name will be entered into the prize drawing

Where can I find these Logs?

- [Weight Maintenance Log](#)
- [Physical Activity Log](#)

- [Food Diary](#)