

PROJECT  
ZERO



SIGN UP  
by December 1st



EHA WELLNESS  
An Educators Health Alliance Program

EHAWELLNESS.ORG

EHA WELLNESS WORKS

## PROJECT ZERO

SIGN UP  
((by Dec. 1))

The holidays are fun and provide good times with family and friends. However, they also provide us with lots of opportunities to eat good food. Sometimes all the holiday treats can catch up with us—the average American gains some weight each year between Thanksgiving and New Year's. This year, you can plan to be one of those who doesn't gain weight by joining Project Zero and commit to maintaining (or reducing) your weight during the holidays. Maintaining a healthy weight can add 11 quality years to your life!

During this challenge, we'll also ask you to spread some holiday cheer through daily acts of kindness to your family, friends, coworkers, retail workers—anyone who needs a friendly gesture counts.

**Register today at [www.ehawellness.org](http://www.ehawellness.org)!**

### **CHALLENGE GUIDELINES - DECEMBER 2017**

- Maintain or reduce weight or measurements
- Share an act of kindness daily



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