

A decorative border of grapevines with leaves and clusters of grapes surrounds the text. In the bottom left corner, there is a detailed illustration of a basket overflowing with various fruits, including pumpkins, apples, and grapes, tied with a ribbon.

Healthy Holidays

To: All Bay College Employees
From: The Wellness Committee
Dates of program: Nov. 20-Jan. 8

Can you say “no” to that third helping of mashed potatoes and gravy? Do visions of chocolate fudge, frosted sugar cookies, and pumpkin pie dance in your head over and over and over again?

The holiday season is upon us, and the Wellness Committee wants to help you maintain a healthy weight this calorie-filled season.

This year, we’re trying the buddy system. If you’d like to maintain your weight throughout the holiday season, find a buddy who’d like to do the same. Register and weigh-in with Jennifer McCann in the Writing Center, LRC 822, on Monday, Nov. 20 from 8 to 12:30. Each pair must register and weigh-in on this date; however, team members do not have to weigh-in at the same time. A \$10 registration fee is required (\$5 per person). Each person’s weight counts toward a total team weight. At the conclusion of the Healthy Holidays program on Monday, Jan. 8, all teams must weigh-in again with Jennifer. All pairs who maintain their weights to a four-pound margin from their original weigh-in amount will be eligible to split the cash pot. (This means that ideally each team member should not gain or lose more than two pounds.) Those teams who have a net loss or gain of more than four pounds will be disqualified.

The Wellness Committee is donating an additional \$50 to the pot as well as 50 Bay Bucks. Individual Bay Bucks will be awarded upon initial weigh-in as well as at the final weigh-in. So, get grab your buddy and have a healthy holiday season.

If you have any questions, please contact Jennifer at Ext. 1277 or by email: mccannj@baycollege.edu

Interested West Campus staff should contact Connie Tresedder at 774-4083 for weigh-in details.