



Fit & Festive Challenge *November 13 - December 24*

The **Fit & Festive Challenge** is here to help you avoid the holiday weight gain that many of us experience between Thanksgiving and New Year's Eve.

Fit & Festive is a 6-week challenge that encourages you to move more, make better food choices and manage stress. You can choose how you would like to participate but it is always more fun if you are part of a team. Teams can range from 1 to 11.

Each week, you will be challenged to maintain healthy behaviors throughout the season. Each day of the challenge, you will record your activity, food choices and relaxation minutes. Visit www.pebtf.org, click on the **Fit & Festive** Challenge photo to go to the MyActiveHealth website to get started.

The challenge is open to all PEBTF-covered employees and spouses/domestic partners.

Sign up today at www.pebtf.org

Registration: November 8 – November 19

Challenge Runs: November 13 to December 24

Fit & Festive Customer Support: 1-855-256-0250

