

# MWR *Holiday Weight* Maintenance Program

Beginning in November, and running for **9 weeks** you will be challenged to lose or maintain body weight during those gluttonous holidays!

Prizes will be awarded weekly!

**FREE** for Active Duty  
**\$5** for all others participants.

Participants will be given packets of information to get started.  
Pre-registration required.  
Register at the fitness and sports office in the Drill Hall by **November 14, 2012**.  
Weigh ins will take place weekly.

**Eligible Participants:**  
**All eligible Drill Hall users**

**First Weigh-in: November 14, 2012**  
**Last Weigh-in: January 9, 2013**

For More Info Contact:

Jillann Hamilton at  
301-342-5449 or email  
[jillann.hamilton@navy.mil](mailto:jillann.hamilton@navy.mil)

