

Thursday, November 12, 2009

Maintain Don't Gain Campaign aims to restrain the holiday calorie train

By Eric Reikowski, staff writer

With the holidays approaching, the campus recreation center is sponsoring a valuable initiative aimed at helping the OU community avoid the dreaded weight gain that often accompanies an otherwise joyful time of year. The Maintain Don't Gain Campaign will run from Nov. 23 through Jan. 5 and is a free program open to all students, faculty and staff.

"The holiday season is upon us and many people gain 5-15 pounds during this time of year," said Mila Padgett, assistant director of programs for campus recreation. "The idea is to get as many people across campus involved in the campaign and help them maintain their current weight throughout the holidays."

Participants can register and weigh in at the Fitness Center desk located in the Rec Center from Nov. 23-25. Those who are not members of the Rec Center should visit the Welcome Center prior to registering. All participants are asked to bring their OU ID card with them when registering.

During the campaign, participants will be sent weekly emails with helpful tips on maintaining their weight throughout the holiday season. A post weigh-in will take place from Jan. 4-6, with prizes awarded to individuals who stay within one pound of their pre-holiday weight.

Additionally, a promotional \$40 Rec Center membership valid from Nov. 23 through Jan. 4 will be offered during the campaign so that participants can enhance their exercise and fitness through activities including sports, group exercise classes, walking and more.

Those interested can join the campaign by registering at the [Faculty and Staff Training Web site](#). For more information, download the [program flyer](#) or contact the Rec Center at (248) 370-4732.

SUMMARY

The campus recreation center hopes to help the OU community avoid the dreaded weight gain that often accompanies the holiday season.

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