

Maintain, Don't Gain 2014 Challenge

What is it??? **Maintain, Don't Gain** is a program designed to encourage maintaining weight (instead of gaining) during the tempting holidays by increasing physical activity and making wise food choices.



Maintain, Don't Gain is a FREE program.

Go to a location below and weigh in! That's all there is to it!

Weigh-ins ~ Week of November 16th

Weigh-outs ~ Week of January 11th

Celebration ~ January 27th (Feb 3 Snow Date)

Weigh In/ Weigh Out Sites	Weigh In/Weigh Out Times	Contact Info
WVU Extension Office, 400 W. Stephen St, Suite 302 (3rd floor) Martinsburg	Monday through Friday, 8 am – 4 pm	304-264-1936
The Wellness Center @ Berkeley Medical Center, 2000 Foundation Way, Martinsburg	Wednesday and Friday 7:30-10:30 am Thursday 1-8 pm and Sunday 1-4 pm	304-264-1232
Prime Fitness and Training (formerly Anytime Fitness), 776 Foxcroft Ave. Martinsburg	Monday through Thursday 10 am-6 pm	304-262-0555
Martinsburg Mall @ Mall Office 800 Foxcroft Ave, Martinsburg	Monday through Saturday 10 am-5 pm	304-264-1420
Downtown at Catholic Charities WV, 224 South Queen St., Martinsburg	Monday through Friday, 9 am - 4 pm	304-267-8837
Berkeley County Health Dept. 800 Emmett Rousch Dr., Martinsburg	Wednesday and Friday 10:00 am to 1:00 pm	304-263-5131

Encourage your friends & family to participate!

Organize your workplace, church, or club to join the fun!