



BRIGHAM AND  
WOMEN'S HOSPITAL  
Cardiovascular Wellness Service



# Beat *the Holiday* **Bulge!**



*Don't let  
yourself fall into the  
holiday weight-gaining cycle!*



## Enrollment Now Open!

The average person gains anywhere from 1-5 pounds during the holiday season, and studies show that this weight is not lost once the holidays are over. Before you know it, you've gained an additional 10-20 lbs!

Complete the 4-week program and get the chance to win an iPod or \$75 New Balance gift certificate!

**Join our FREE 4-week program  
and Beat the Holiday Bulge!**

Sign Up at [www.bwhcvwellnessonline.com](http://www.bwhcvwellnessonline.com)

