



Believe it or not the holiday season is quickly approaching! Getting or keeping in shape during longer winter months is even harder this time of year. A big challenge is maintaining healthy eating habits or sticking to an exercise routine during the holidays. The *Division of Community Health Services* is interested in hearing your nutrition and/or exercise success stories so we can share those with others.

In no more than 50 words, answer this question:

What have you done in the past year to shed unwanted pounds or get in better physical shape?

Tip: *What one tip can you provide that might help others achieve a weight or fitness goal?*

Send your responses to: LifeTips@anthc.org

Share your stories with us to help others—an early holiday gift! The first 10 people will get this handy ANTHC jump drive, providing we can share your answer and tip in creative ways!

