



## Maintain, Don't Gain for Busy People comes to Chelmsford

Personalized, Online Health and Fitness Program  
Starting on Monday, October 4, 2021

Maintain, Don't Gain for Busy People is a fun and interactive 7-week program to prevent those sneaky pounds from gaining on you! Learn how to integrate healthy eating and exercise strategies into your lifestyle, while at work or at home. Sign-up for this simple program to track your progress, avoid creeping weight gain and feel better about yourself. Receive weekly email reminders and tips to keep you on track. If you are a MIIA/Blue Cross subscriber, you can also earn cool prizes for your efforts.

**Register today at [MIIAWinners.org](https://www.miiawinners.org)**

Registration deadline is Friday, October 1, 2021

See page 2 for complete registration instructions

### In this program you will:

- Record daily servings of fruits and vegetables
- Track daily water consumption
- Do any form of exercise and convert it to MET units in the app for at least 30 minutes a day, at least 5 days a week
- Weigh in with the app once a week and try to decrease or maintain your body weight within 2 pounds of your starting weight

 /miiasocial | [www.emiia.org](https://www.emiia.org)

**MIIA**   
**Well Aware**  
Work Well. Live Well.

This is a FREE PROGRAM open to all Chelmsford employees and their spouses.

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Use MIIAWinnersn on your smartphone or tablet.

Instructions are online at:  
[www.miiawinners.org](http://www.miiawinners.org)

## Registration Instructions

1. Go to [www.miiawinners.org](http://www.miiawinners.org)
2. **If you have a MIIA Winners account:**  
Log in first, then follow instructions to enroll in this new program.  
**If you DON'T have a MIIA Winners account:**  
Use the "Proceed to Registration" button on the MIIAWinners home page.
3. Enter the Registration Code: MDG21CHELM (case sensitive)
4. Agree to and initial "Risk and Release Form"
5. Fill out the registration form.
6. Once you have registered, you're done till the program launches.
7. On Monday, October 4, 2021 you'll receive an email to let you know the program has begun!