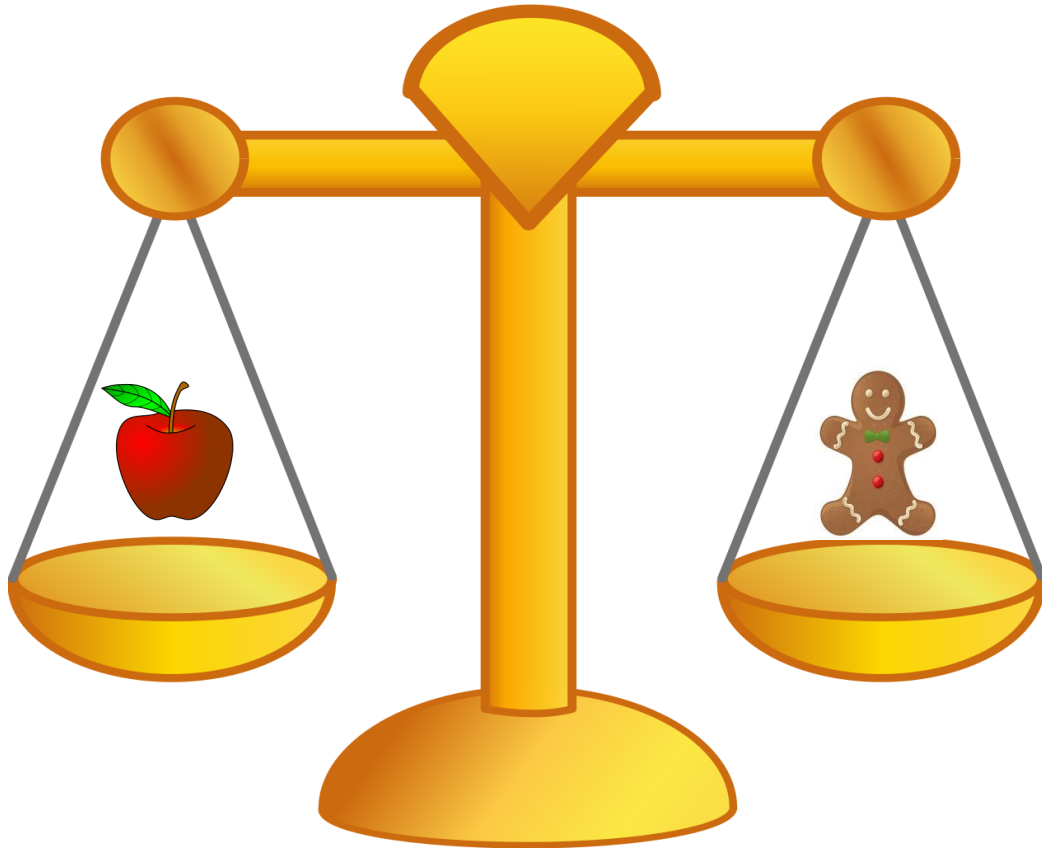


**Ain't Gaining — Just Maintaining!**



*Did you know the average person  
GAINS 2-8 POUNDS over the Holidays?*

**Join in the holiday challenge to  
Maintain and NOT GAIN WEIGHT  
this holiday season!**