



Maintain - Don't Gain

Visit the Wellness Website between December 10 - December 15 to register for this program. Over the holiday season try to maintain your weight. Log back into the Wellness website January 10 - January 19 to enter your post-program measurements.

Everyone's Favorite Holiday Program is Back!

- The rules are simple: either maintain or lose weight over the Holiday season!
- Everyone who completes the program will receive a gift.
- There will also be a drawing for 20 grand prizes!

Online Registration Instructions

Register on the Wellness Website:
www.washoecountyschools.net/wellness

Return Users

- 1) Enter your e-mail address & password*
- 2) Click on Maintain - Don't Gain 2010
- 3) Enter your pre-program information
- 4) Click on the Register button

*Click 'Retrieve Password' to have your password e-mailed to you.

New Users

- 1) Click on 'Click Here'
- 2) Enter your Wellness ID & click Submit
- 3) Check your personal information, enter your full e-mail address and create a password. Click Submit
- 4) Follow instructions 2 - 4 for Return Users

IMPORTANT DATES

Registration Dates
December 10 - December 15

Program Dates
December 13 - January 10

Compliance Dates
January 10 - January 19



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