



LIFE

Here's how to lose weight and win some cash all in time for the holidays

Trying to stay healthy over the holidays? This could help.

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Published: 4:58 AM EST November 16, 2018
Updated: 5:20 AM EST November 16, 2018

Losing weight over the holidays is a challenge for even the most disciplined person, but put a little cash on the line and you have instant motivation.

Especially with all the holiday spending many of us will be doing, it would be great to earn a little extra cash and get healthy at the same time.

There's an app for that: it's called [HealthyWage](#). It's been around for a few years and is increasingly gaining popularity.