

Change Your **Choices**. Change Your **Life**.

I am
ready

I am ready to lose weight

I am ready to have more energy

I am ready to get more active

I am ready to make healthier choices

I am ready to be a part of a team

I am ready for the Challenge!

LiveHealthy **AMERICA**

100 **DAY**

WELLNESS

CHALLENGE

Make the **Choice**, Form a **Team**, Join the **Challenge**.

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www.LiveHealthyAmerica.org