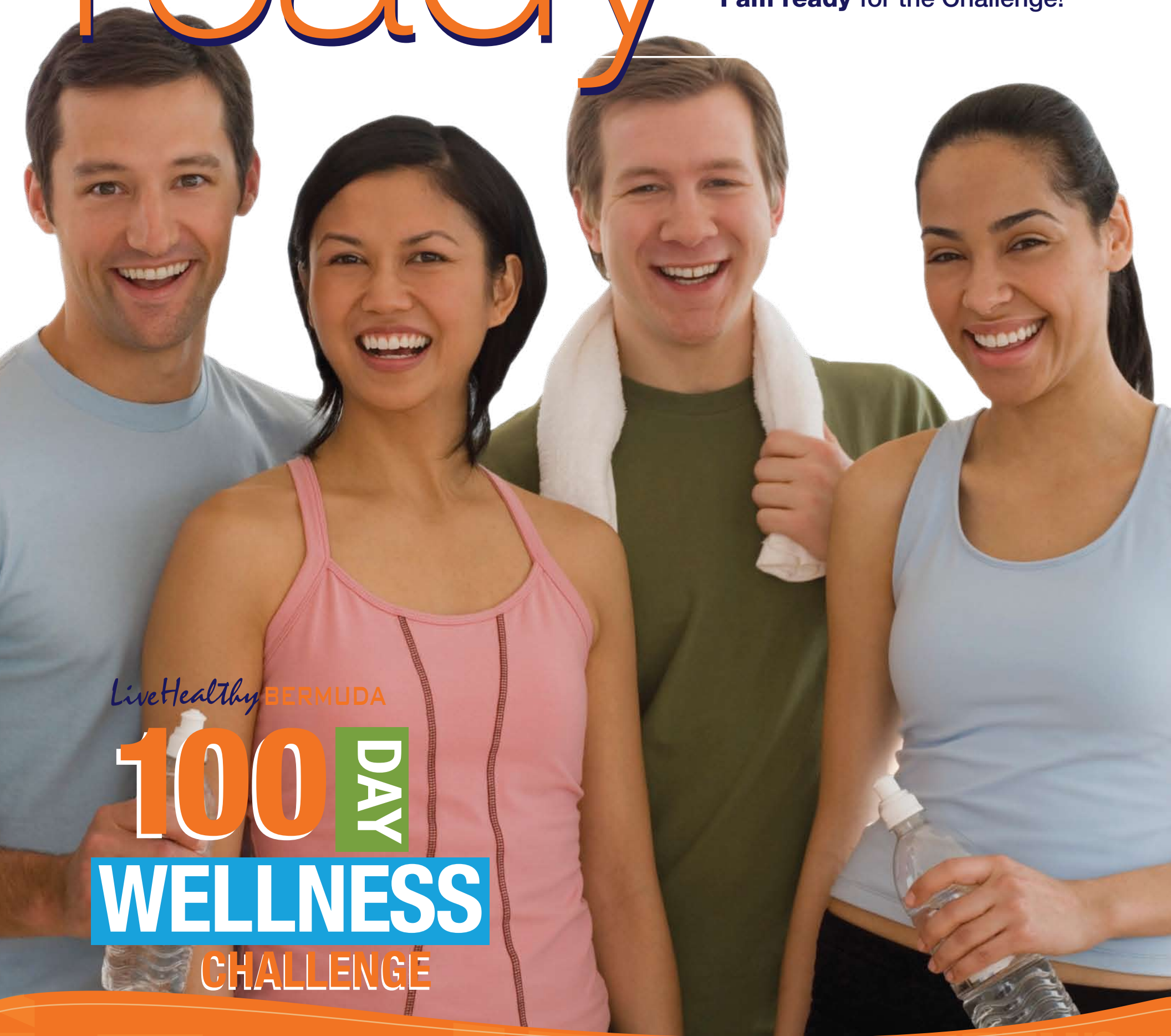


Change Your **Choices.** Change Your **Life.**

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 **BERMUDA**

100 **DAY**

WELLNESS

CHALLENGE

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

January 14 - April 23, 2010

www.LiveHealthyBermuda.org