

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 TRIANGLE

100 DAY

WELLNESS

CHALLENGE

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

January 14 - April 23, 2010

www.LiveHealthyTriangle.org