

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



**I am**  
ready

LiveHealthy BERMUDA

**100 DAY**  
**WELLNESS**  
**CHALLENGE**

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!

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

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[www.LiveHealthyBermuda.org](http://www.LiveHealthyBermuda.org)