



LIVE

the habits of health to get healthier, eat right, be more active, sleep better, stress less and achieve your health goals to win MONEY and health!



LEARN

strategies and skills to get fit and stay healthy with simple meal plans, recipes, dining out tips & exercise videos inside an interactive site and receive a FREE coach to guide you!



LEAD

the way for others (family, friends, work, church, etc.) to follow and get healthy with you in this fun, online 6-Week Health Challenge!

Six Steps to Participate:

- 1) Join a team (or form your own)
- 2) Register with link provided by leader between 8/18/14 to 9/15/14 and Ante Up with PayPal (or promo code if applicable)
- 4) Challenge starts Mon. 9/15/14
- 5) Weigh In 9/13/14-9/17/14. (Details on how to weigh in provided prior to launch)
- 6) Login to Challenge site daily to earn healthy habit points!



Cost :

\$22.49 Ante (Per Person)
 Winnings: 50% of pool is divided among winners who achieve weight goal (lose 6% of body wt. or maintain wt. within 1%) and earn 80% of participation points

Benefits:

- Daily Motivator Emails/Videos
- Private Team pages for support
- Meal/Exercise Journals
- Weekly Educational Webinars
- Health Assessments/Resources



For More Info Contact:

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