



# New to 2018 Challenge

- ◆ Monthly Focus and Education
- ◆ All sheets turned in (and filled out correctly) are thrown in for the \$50 monthly gift card
- ◆ Each level has guaranteed prizes at the end (must reach at least 100 points)
  - ◆ New online points reporting
- ◆ Reminder: All participants must do one coaching session with Kristi by June 30th

## January Focus

### Healthy Weight Awareness Month

- Reaching and maintaining a healthy weight is important for overall health and can help you prevent and control many diseases and conditions.
- Make healthy living a priority for yourself and your family!
- Set a realistic goal for the month of January!

## February Focus

### American Heart Month

- Heart disease is the leading cause of death for American women and men
- Risk factors include: High BP, Obesity, Physical Inactivity and Unhealthy Diet
- Challenge yourself to pick one new heart healthy habit this month!