

VIBRANT YOU

HEALTH CHALLENGE #3

brought to you by



- **4-WEEK HEALTH CHALLENGE** – August 2 to August 29
- **POINT SYSTEM based on Fundamental Health Habits**
like nutrition, hydration, sleep, exercise, supplementation and more. People try pills and fad diets, but the only way for lasting, long term change is through changing our lifestyle. This challenge is not about weight, it's not a fad diet or a quick fix. It's about how small habits lead to big change, and how these holistic health principles will lead to vibrant health now and for life! But don't be intimidated, this challenge doesn't have hard rules or restrictions. We layout a simple program based on basic health habits, but it's up to you to adapt the program to yourself and your health journey. It's about progress, not perfection. Improving your health has never been more important so join us and challenge yourself because you are worth it!
- **FREE entry – Registration Required by July 28**
Sign up at www.naturespantry.life, at Nature's Pantry or call 541-963-7955
- **Live Stream Launch Meeting July 30**
- **INCLUDED FOR FREE:** PROGRAM GUIDE, HEALTH PRO INVOLVEMENT, LIVE STREAM COOKING CLASSES & FACEBOOK GROUP ACCOUNTABILITY
- Month-long **DISCOUNTS** for participants at Nature's Pantry
- **AWESOME HEALTH AND FITNESS PRIZES**