

# VIBRANT YOU HEALTH CHALLENGE



**4-WEEK HEALTH CHALLENGE – July 14 to Aug 10**

**LAUNCH MEETING – July 11 at 6:30 pm**

**POINT SYSTEM based on Fundamental Health Habits**

like nutrition, hydration, sleep, exercise, prayer, supplementation and more. This challenge is not about weight, it's not a fad diet or a quick fix. It's about learning small habits that lead to big change and vibrant health for life. Don't be intimidated, this challenge doesn't have hard rules or restrictions. It's about progress, not perfection. VYHC is adaptable to you and where you're at. Come challenge with us & invest in your health because you are worth it!

## **VYHC FREE**

2% discount at Nature's Pantry, access to the app, track your own points, class video recordings, access to Facebook Group.

## **VYHC PLUS – \$99**

5% discount at Nature's Pantry, discounts for individual coaching with health pros, access to the app, track your own points and your ranking, in-person classes and food samples, class video recordings, access to Facebook Group, entry and exit review, before & after: weight/measurements/photo, 4 group workout sessions, group support, big prizes for top finishers, VYHC Certificate.

**REGISTRATION REQUIRED by July 9**

*To register, scan the QR Code or visit at [www.naturespantry.life](http://www.naturespantry.life).*

