

# VIBRANT YOU HEALTH CHALLENGE



**Body Saorsa**  
Move Free, Live Free



**CHEMICAL FREE  
BODY**



**SPORTS PERFORMANCE  
TRAINING**



Blake Bars



Summer Steele



Tim James



Lasa Baxter



Nicole Haggerty



Justin Hernandez

## 28 DAY HEALTH CHALLENGE – Oct 26 to Nov 22

### POINT SYSTEM based on Fundamental Health Habits

like nutrition, hydration, sleep, exercise, gratitude, prayer, supplementation and more. This challenge is not about weight, it's not a fad diet or a quick fix. It's about learning how small habits 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!

### \$150 REGISTRATION

**\$75 – 50% OFF for FIRST 30 ENTRANTS**

**\$75 – 2 for 1 when you SIGN UP with a FRIEND**

- **INCLUDES:** 28-day health challenge / launch meeting & meal / group hikes & walks / goal setting workshop / detox class / healthy food & drink samples / full access to the VYHC App / 5% discount at Nature's Pantry / access to health pro coaching / access to private FB Group / accountability & support / & prizes!
- **REGISTRATION REQUIRED by Oct 22**
- Register in store at Nature's Pantry or ONLINE at:  
[www.naturespantry.life](http://www.naturespantry.life)
- Email us to ask about **scholarships** or any other questions:  
[info@naturespantry.life](mailto:info@naturespantry.life)

