



throw down

March 14 - May 23

Register now at **10poundthrowdown.com**

Challenge yourself to make healthy choices! Set goals and use online tools to track weight and make changes before the warm weather arrives.

Enter the challenge as an individual or create a team with friends, family or co-workers. Each week, find new recipes and exercises to help keep you on track. Earn "badges" and win cash prizes for completing weekly mini weekly challenges!

