



# throw down

**March 14 - May 23**

Register now at  
**[10poundthrowdown.com](https://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!

