

# 10 lb. Throwdown



**March 15th – May 24th**

**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.

Each week, find new recipes and exercises to help keep you on track.



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Each week, learn healthy lifestyle tips that will help you **move a healthy step ahead.**

- Assess, Don't Guess
- Set Goals, Take Action
- Make Every Bite Count
- Move More, Sit Less
- Kick Down Barriers
- Catch Some Zzz's
- Plan for Success
- Eat Food as Fuel, Not Comfort
- Bounce Forward, Build Resilience
- Celebrate Success

## **Need support?**

Consider creating a team.

Having social support is a key ingredient to making successful changes. You can invite as many people as you would like to join a team. Visit the "Create a Team" page on our website at [www.10poundthrowdown.com](http://www.10poundthrowdown.com) to learn more.