

10 lb. Throwdown



March 9th - May 18th

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, we will highlight a different benefit of participating in the 10 Pound Throwdown.

Let us help you...

- Reduce your risk
- Save your money
- Sleep better
- Have fun
- Gain support
- Manage stress
- Learn new skills
- Celebrate your success
- Feel better
- Get ready for summer

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 to learn more.