



ARE YOU CONCERNED ABOUT PANDEMIC WEIGHT GAIN?



THE 15-WEEK “CUT THE COVID FLUFF” CHALLENGE IS HERE TO HELP!

- ✓ SHED THE AVERAGE PANDEMIC- RELATED WEIGHT GAIN OF 15-20 POUNDS IN A HEALTHY WAY (NOT A DIET!)
- ✓ ENJOY A CUSTOMIZED WEIGHT LOSS PLAN, TASTY RECIPES, SIMPLE MEAL PLANS & MORE
- ✓ SUBMIT WEEKLY GOAL TRACKERS TO STAY ON TRACK

JOIN US FOR THIS VIRTUAL CHALLENGE: JUNE 7TH - SEPT. 18TH

CLICK HERE TO REGISTER BY 6/4/21



LOSE 1-2 POUNDS PER WEEK & MAINTAIN RESULTS

ENJOY SUMMER “SPLURGES” AND STILL SEE RESULTS

COMMIT TO HEALTHIER HABITS AND IMPROVE YOUR HEALTH

GET BACK INTO THE BODY YOU LOVE

WEEKLY ACCOUNTABILITY & SUPPORT FROM WELLNESS DIETITIANS

100% VIRTUAL PROGRAM

FREE FOR NHRMC TEAM MEMBERS & THEIR DEPENDENTS

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