

DRAFTS 1 & 2 - Company specifics to be entered....

DRAFT #1:

Good morning/afternoon everyone,

Spring/Summer is here and Employer's Edge is bringing you another awesome wellness challenge.

The **Extreme Lifestyle Makeover- EWSN Edition** is here!

If you're serious about making some healthy improvements to your lifestyle this year, the Extreme Lifestyle Makeover Challenge might just be the challenge you need to get you the results you're looking for.

Let us help you get motivated and stay on the track that leads to optimal health. Learn the most effective methods of grocery shopping, eating and exercising. We'll provide you with a new tool each week to help you stay accountable. Here's just a small sample of what you'll experience; a virtual grocery store tour, tips that will help you take as much as 11 yrs off your health age, new workouts for beginners, intermediate and advanced fitness levels plus much more. Log on to the Wellness Warrior Website each day and earn points for all your healthy behaviors.

**Cash prizes for the participant that has the largest % change in body weight and inches after 8 weeks and for the participant who earns the highest score on the "Wellness Warrior Website"**

**What have you got to lose???**

The first session will be on \_\_\_\_\_ from 12:00 - 1:00 p.m. in the \_\_\_\_\_ and will continue for the next eight \_\_\_\_\_ from 12-1 p.m.  
The sessions include both an educational component and accountability task each week.

Do your homework and see results!

If you will be participating in this challenge, please let us know by emailing \_\_\_\_\_ or sign up on the sign up sheets in the \_\_\_\_\_.

Thanks,

DRAFT #2:

How many of us have made some New Year resolutions? Likely, most of us have....

Employer's Edge is excited to launch the **Extreme Lifestyle Makeover – EDGE Edition**. It's going to be awesome and timely to help you achieve those wellness goals.

**WHAT** – 8-week Extreme Lifestyle Makeover – EDGE Edition

**TOPICS** – metabolism, exercise & weight loss, nutrition, label reading, portion control, muscles, glycemic index, carbohydrates, protein power, fats, grocery shopping, and much, much more!

**WHEN** – Thursdays (starting, January 24) from 12-1pm

**WHERE** – CAS Richmond Street, training room

Let Employer's Edge help you achieve your goals this year!

Sign up by emailing [cas@employersedge.ca](mailto:cas@employersedge.ca).