



new year, new you

**Better Health in 2012**

**Challenge Starts MONDAY,**

**Jan 23rd, 2012**

**What are your goals for 2012?**

**EWSNetwork is here to help you with your wellness goals.**

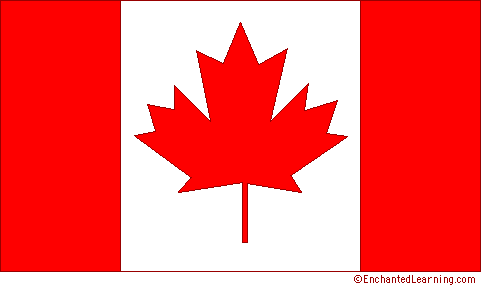
**Each week, for THREE weeks, a task card will be available to you with healthy tasks to complete – designed to help you get back on track.**

**Complete as many tasks on the weekly cards as you can to accumulate points**

**for your team.**

**Each Monday morning, please email your team captain your point total for the previous week. The team with the most points after the 3-week challenge WINS!**

* **Week #1 – Better Nutrition in 2012**
* **Week #2 – Consistent Exercise in 2012**
* **Week #3 – Stress Reduction and Improved Sleep in 2012**



Contact your on-site wellness consultant to make a FREE,

customized wellness appointment to discuss your wellness goals for 2012!

**info@EWSNetwork.com**