



Biggest Loser Team Challenge

LAUNCH and INFORMATION SESSION

Wednesday, July 25, 2012

EWSNetwork is excited to announce that the Biggest Loser Challenge will be coming to Tempurpedic this August! Be prepared to lose weight and inches and feel great! Be sure to come to the information session!

This program will focus on how your

- **Nutrition**
- **Exercise**
- **Stress**
- **Sleep**

habits influence your body weight, blood pressure, girth measurements, and body fat.

Major Goal: To encourage you to make small adjustments to your lifestyle habits in an effort to help you stay healthy!

Info Session

Wednesday, July 25th

11:30am



**Get Signed Up for the
Information Session via INVITE!
Teams will be arranged on July 25th.**