



# Healthy Living Challenge

January 21 – May 30, 2013

5/  
60



## TAKE THE CHALLENGE

*...to learn about nutrition and increase your physical fitness*

**5** *servings of fruits & vegetables every day*

**60** *minutes of physical activity each day*

## COMPETE FOR A CHANCE TO WIN

*Monthly drawings of prizes and special gifts*

visit our website [www.northmetro100.org/health](http://www.northmetro100.org/health) to get started