



*I will achieve  
better health now*

RUSSELL

**85**  
LBS  
LOST



JENNIFER

**70**  
LBS  
LOST



**Better Health**  
CHALLENGE

 YOUNGEVITY.

## JOIN THE BETTER HEALTH CHALLENGE - *Get healthy and earn prizes!*

A new year makes everyone think about health and wellness. Are you ready to be the best version of you? This year, do something different, join Youngevity's Better Health Challenge - a supportive and successful way to get yourself on the path to better health!

We have three programs to choose from - Keto 90, Rev 90 and Wellness 90 - and each one is designed to fit different lifestyles and goals. And now you can take on this challenge solo or grab a few of your motivated friends to help you form a team! Whichever path you take, there are prizes awarded every quarter to both individuals and teams that will lead up to our Grand Prize Champions announced at our Convention in September! You could be the ultimate winner - gain better health AND win prize money!

### **I'm here to help!**

Let me know if you have questions about the programs or need help picking your path. I'm here to help you reach your goals. Or, if you're ready to go, visit [ygybetterhealth.com](http://ygybetterhealth.com) to join the challenge!