

# Better Health CHALLENGE



## 2018 GRAND CHAMPIONS *Living their best lives!*

Russell Williams and Jennifer Baker accepted the Better Health Challenge and became the 2018 Grand Champions! By picking the weight loss program that worked for them, they collectively lost over 150 lbs!

As the Grand Champions, they each won: \$5,000, an expense paid trip to Youngevity's Annual Convention in San Diego, a photo shoot, product prize pack and more. Although, they will both tell you that the greatest prize has been their health—and their new lease on life!

*Jennifer*  
BAKER

70

POUNDS LOST!

I feel confident, happy, healthy, I'm completely a new person. That old person is not me anymore.

*Russell*  
WILLIAMS

85

POUNDS LOST!

I have enough energy for my family and myself. It's a good feeling to include your family in this journey... I'm not watching memories being made, I get to help create them.

[YCYBETTERHEALTH.COM](http://YCYBETTERHEALTH.COM)

# Better Health

## CHALLENGE

PICK THE PROGRAM THAT WORKS FOR YOUR LIFESTYLE AND NEEDS.

The **Better Health Challenge** offers 3 diverse nutritional programs that give you flexibility to choose one that works for your health goals. Check out our 3 programs below.

 <b>Keto 90</b>	 <b>Rev 90</b>	 <b>Wellness 90</b>
<p>This high-profile diet has many proven benefits for weight loss, health, and performance that countless have already experienced. Limiting carbohydrate consumption is the key element in all versions of the Ketogenic approach, which is designed to turn your body into a fat-burning machine through a high-fat nutritional plan.</p>	<p>Targeted for weight loss, this program uses a simple set of nutrient-dense foods and portioned meals. This calorie restrictive diet helps stimulate the body to release excess energy stores during a 3-week or 6-week cycle.</p>	<p>This program is perfect for individuals who prefer a moderate weight loss approach and would like to focus on make healthier food choices. Supported by a diet of colorful fruits and vegetables, nuts, lean proteins and healthy fats, it makes eating a simple balanced diet easy and convenient.</p>

## Join the challenge!

1. Go to [ygybetterhealth.com](http://ygybetterhealth.com)
2. Pick the program that works for you!
3. Order the nutritional products to support your program.
4. Join the challenge online and stay connected.
5. Send in your results at the end of each cycle!

COMMIT TO BETTER HEATH - BETTERMENT AWAITS!  
VISIT [YGYBETTERHEALTH.COM](http://YGYBETTERHEALTH.COM) TO LEARN MORE.