

MOVE MOVE MOVE!



NOTone
OUNCE

The Not One Ounce program challenges you to make it from October to January without gaining one ounce! We'll help you MOVE toward a healthier you.

This program is all about staying healthy at the most tempting time of the year! Win \$50 for maintaining your weight between October and January!

It's time to take care of **YOU!**

THE CHALLENGE: MAKE MOVEMENT MATTER

October: Move Toward Nutrition

November: Move Toward Activity

December: Move Toward Less Stress



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MOVE TOWARD NUTRITION Week 2: Lose the Sugar

The first and best solution to solving weight and health issues is to find the sugar in your foods, and cut it out. If you lose the sugar, you will lose the weight. If you have a sweet tooth, that's okay. You just have to train the tooth. Teach your tastes to expect less. By dialing it back, you'll crave it less. When that happens, you'll have a permanent solution!



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This week's challenges:
**MAKE MOVEMENT MATTER
LOSE THE SUGAR**

Join the challenge at
www.willclower.com.



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MOVE TOWARDS ACTIVITY Week 1: Make Movement Matter

The more you move, the more you can move. The less you move, the less you can move. More movement means more energy, more brain power, and just more pep in your step! So yeah, movement matters for all of these reasons.



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MAKE MOVEMENT MATTER

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MOVE TOWARDS ACTIVITY

Week 1: Better Sleep

If you're stressed, it's harder to sleep. If you're missing sleep, it's harder not to be stressed! This month, we are going to break the cycle with the first step to less stress: clock out and sleep. Start this week by turning in early. After only 1 week of this, you will feel more refreshed, and ready to tackle the day!



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This week's challenges:

**MAKE MOVEMENT MATTER
& BETTER SLEEP CHALLENGE**

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