

ENGLEWOOD'S NUTRITION
MONTH CHALLENGE 2025

Nourish Your Body, Energize Your Life

JOIN NOW!

MARCH 3 - 30, 2025

JOIN THE 30-DAY NUTRITION CHALLENGE IN PARTNERSHIP WITH LIVE HIVE NUTRITION! THIS YEAR'S THEME IS "FOOD CONNECTS US", AND WE'RE HERE TO HELP YOU CONNECT WITH HEALTHIER HABITS AND A SUPPORTIVE COMMUNITY.

HOW IT WORKS:

- ✓ **PICK YOUR DIETITIAN:** CHOOSE A DIETITIAN FROM LIVE HIVE AND MEET ONCE A WEEK FOR GUIDANCE AND GOAL-SETTING.
- ✓ **EARN POINTS:** TRACK DAILY GOALS LIKE WATER INTAKE, SLEEP, EXERCISE, AND MORE. SET PERSONAL GOALS WITH YOUR DIETITIAN AND EARN POINTS EACH WEEK.
- ✓ **MINI CHALLENGES:** PARTICIPATE IN WEEKLY MINI CHALLENGES FOR EXTRA POINTS!



LIVE HIVE ACCEPTS MOST MAJOR INSURANCES, AND LOCAL BUSINESSES ARE OFFERING DISCOUNTS ON HEALTHY EATING AND FITNESS!

LET'S HAVE FUN AND IMPROVE OUR HEALTH TOGETHER!

REGISTER NOW



LOCAL BUSINESSES PARTICIPATING

