

PEER HEALTH EDUCATORS

Healthy weight

Campaign

Contact us @ Peds.rcc@gmail.com



Website: www.50millionpounds.com

Team Name: Still Prowlin

Why join?

Challenge Team average 25% more weight loss. So experience the benefits of teaming up today.

- Feed off the energy of the entire group.
- Challenge, encourage and support each other.
- Create smarter, healthier lifestyles together.

Below you can view all the Challenge Teams you've joined. To visit a Team's page, just click on the Team name. If you'd like to receive email notifications from one or more teams, check the box next to the corresponding Team name.

Studies have shown that increased exercise

Decreases

- Cholesterol levels
- Risk of contracting diabetes
- Body Mass Index (BMI)
- Resting blood Pressure Values

Increases

- Psychological wellbeing
- Physical fitness- Respiratory ability
- The heart's ability to pump blood through the body
- Quality of life
- Metabolism

Pickup your free kit at our events

or

Anytime at Health Services

