

# Eat Right for Life

The way to good health is far easier than most imagine and holds a world of benefits that will stay with you for the rest of your life. Take the first step on **YOUR** amazing journey to healthy living by joining the Eat Right For Life Challenge!

Based on the lessons shared in the popular book, *Eat Right For Life* by Dr. Ann Kulze, this 10-week challenge will help you to:

- Conquer Your Carbs**
- Give Yourself An Oil Change**
- Get Obsessed With Fruits And Veggies**
- Select The Healthy Proteins**
- Drink the Right Beverages**

*Fill out the form below to take the challenge!*

Eat  
**Right**  
for Life

Name: \_\_\_\_\_

Department: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Registration Deadline:

Return Completed Registration To: