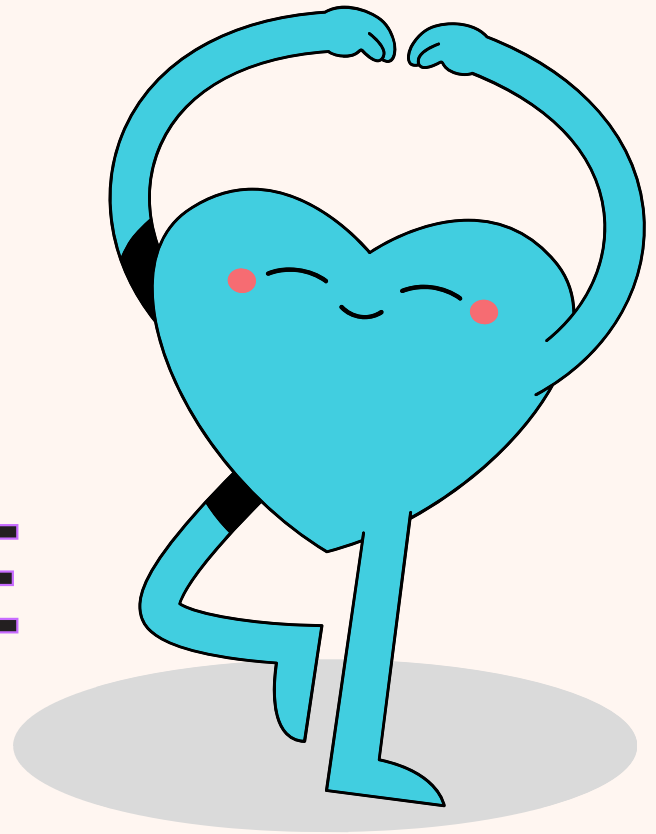


6 WEEK

HEALTHY LIFESTYLE CHALLENGE

Starts November 3!



Ready to move more, eat better, and feel your best?

Join our 6-week challenge on **LIMEADE!**

Complete our two featured challenges each week to boost your health and earn up to **450 Limeade points!**

Week 1: Move More, Stress Less
Week 2: Build a Balanced Plate
Week 3: Eat the Rainbow

Week 4: Hydrate & Feel Great
Week 5: Healthy Holidays
Week 6: Reflect & Recharge

*Available to all Limeade users.

*Featured activities will be pinned at the top of the page each week.

