


Here we go Divas!!~~~~~ On Your Mark..... Get Set..... Get Healthy!!!!!! 

For everyone that is interested in participating in our on-line Health & Weight Loss 90 day Challenge, here are the guidelines & rules:

Please email us at www.ladiesinstride.com right away if you're interested! Divas in all cities and states are welcome to participate

Please bear in mind that this challenge is for EVERYONE who needs to be or are already working on a HEALTH issue in order to improve their overall HEALTH. This is not just a Weight Loss Challenge. This could be Blood Pressure concerns, Glucose/Diabetes concerns, Cholesterol, Arthritis, Weight loss, increasing your exercise level from a 2 mile run to a 3 mile run, etc.

Whatever you are working on to GET or KEEP yourself healthy, let's do it together! Let's help encourage & support each other to the finish line.


All participants will report and discuss success reports on-line &/or at our Retreat Meet & Greet in Vegas in June! 

~ Length of Challenge is 3 Months: Sunday March 1st until May 31st 2015~

ALL INTERESTED PARTICIPATES MUST REPLY BACK TO:
ladiesinstride@yahoo.com

Once you reply that you are interested, we will add your name & email address to the list.

We will compile a group email list in which we can "REPLY ALL" to each response concerning our challenge. This is how we as a group will communicate with each other throughout the 3 months.

- 1) Set your "realistic" goal(s), pray over them and email them in to us when you reply to **ladiesinstride@yahoo.com**.
- 2) Please check with your doctor before starting any new eating or exercise plan. (Or making any changes in medications.) Always check with your doctor before starting any new regiment
- 3) Plan to begin keeping a journal to track your progress starting March 1st.
- 4) If your goal has anything to do with changes in your health that affects your appearance, take a before photo on March 1st and an after photo on May 31st.
- 5) If other medical numbers are involved, such as Blood Pressure, Glucose, Weight, etc. Please get your starting point numbers from your doctor if necessary. Keep in mind that you can go by the nearest Fire Station for a Free Blood Pressure check.
- 6) Do not report to us your starting numbers. Please report to us your goal/goals only. Example: The normal Blood Pressure range that you are trying to reach by May 31st.; How many pounds you would like to lose by May 31st; How many miles you plan to be walking or jogging by May 31st, etc.
- 7) **Let's keep it simple Divas!**  **Just set your goals, report your goals and start working toward them. Please email the group as often as you can to keep everyone informed of your progress, to give or receive words of encouragement or to give suggestions to others. Let's Get Started Divas!!**

Here's To A Healthier, Happier You!!

For questions & Concerns~Please feel free to email us at ladiesinstride@yahoo.com or call us at 567.523.9567