

LIVE WELL

Challenge

DETAILS

To help kickstart a healthy lifestyle and give you some incentive to Live Well, we will be holding a weight loss challenge during the month of May. As with any good challenge, we will have prizes for the top three individuals who lose the most weight within 30 days. A healthier you is the ultimate goal, but a little extra incentive never hurts.



PRIZES:

1ST \$250 CASH

Plus \$250 Vemma Product Voucher

2ND \$100 CASH

Plus 1 case of Vemma Burn*

3RD \$50 CASH

Plus 1 case of Verve*

JOINING THE CHALLENGE IS SIMPLE

1. SIGN UP for our Live Well mailing list
www.vemma.com/burn-and-shake

2. SEND A CURRENT PHOTO
of yourself to livewell@vemma.com

Note: The “**before**” photo should be a **full body** shot and include something with a **visible date** for verification purposes. Also, please provide your waist measurement because that will be factored into determining the winners. The before picture will **not** be posted on social media.

3. SEND AN AFTER PHOTO

After, you’ve completed the challenge send us an after photo with the **amount of weight you lost** and **your waist measurement**. Please send this to us by **Monday, June 4**. We will announce the winners at the beginning of June!

To help support you throughout the program, we will send you a weekly email with healthy recipes, motivational tips, and some videos to help keep you going strong all month long.

If you have any questions or if you’re looking for additional support during the challenge, please contact the Live Well team at livewell@vemma.com.

By joining this contest you consent to allowing us to post your **after** picture on our social media sites. Only the after picture will be posted. A release will be sent to the winners confirming your authorization.