

# LIVE WELL

*Challenge*

## DETAILS

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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:

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#### **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](http://www.vemma.com/burn-and-shake)

**2. SEND A CURRENT PHOTO**  
of yourself to [livewell@vemma.com](mailto: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.

### **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 **Friday, May 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](mailto:livewell@vemma.com).

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