

**Subject:** 2010 eat well live well Challenge!



A new year often brings promises to shape up and eat healthier. The 2010 "eat well live well" Challenge is an inexpensive, easy and fun way to jumpstart a health-conscious program at your business or organization, and helps to manage health-related costs.

BWI Health Promotions supports this results-focused, eight-week wellness program, which was designed by Wegmans and has successfully been implemented in upstate New York to increase positive lifestyle and behavior choices.

Individuals are encouraged to move more and increase their intake of fruits and vegetables by doing two simple things:

- Using a pedometer to count and record their steps daily
- Counting and recording the number of cups of fruits and vegetables consumed each day

Western New York employers and organizations are invited to participate in the Institute of wellness and the P2 health promotion program committee.



challenge by the non-profit Wellness Greater Buffalo - an advocate for quality programs - its Be Active NYS initiative,

One-hour information sessions about this nationally recognized wellness program will be held at Wegmans in Depew, located at 651 Dick Road. They are:

- Session 1: Thursday, January 7, 10 a.m.
- Session 2: Thursday, January 14, 10 a.m.
- Session 3: Friday, January 22, 10 a.m.

To register for one of the free sessions, contact Amy Higgins at the Wellness Institute at (716) 851-4052 or via email at [ahiggins@city-buffalo.org](mailto:ahiggins@city-buffalo.org). More information may be found on the [Be Active New York State Web site](#).

Help make our community a healthier and more prosperous place to live and work.

