

VegOut!

MARCH 2019

CHALLENGE

CAN YOU EAT 30 DIFFERENT
VEGETABLES IN 30 DAYS?



START ANYTIME IN MARCH

CHALLENGE ENDS APRIL 1ST

WIN PRIZES!

DOWNLOAD YOUR CHECKLIST

AND GET INSPIRED @

WWW.FIRSTHEALTH.ORG/FITNESS

30 WAYS IN 30 DAYS!

NATIONAL NUTRITION MONTH

www.eatright.org

MARCH 2019

#NationalNutritionMonth



www.firsthealth.org/fitness

FirstHealth

FITNESS