

January 2009

REPORTING FOR DUTY!

Public Declaration
for Health ACTION

30 X 30 NEW YEAR'S CHALLENGE.09



AVENGERS OF HEALTH!

"I WILL DO 30x30"

Nearly 80% of Americans are overweight and/or out of shape. This is a time for STRENGTH and immediate ACTION!

I will be part of the solution by throwing down with The Lean Berets, removing my own excuses, and becoming physically active for 30 days in a row. The time to increase American health is NOW. We can. We must. WE WILL. *Ask me how!*

RULES OF ENGAGEMENT:

1. 30 Minutes Per Day Minimum
2. 30 Consecutive Days in a Row
3. NO EXCUSES!
4. NO Minimum Pace Required—Just MOVE!
5. Must Be "Dedicated Time" for Exercise

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