



MY HEALTHY SELFIE



Anyone Can Take a Healthy Selfie!

1. Grab a Sharpie and write down your Small Steps towards Big Results health goals, like "drink more water".
2. Take a selfie photo and email to eblomstrom@aol.com, Tweet to [#iamFtBendWell](https://twitter.com/#iamFtBendWell), also post to Facebook/Instagram/Pinterest

Join the weight loss challenge at ShapeUpFortBend.org to track your progress

The Million Pound Challenge