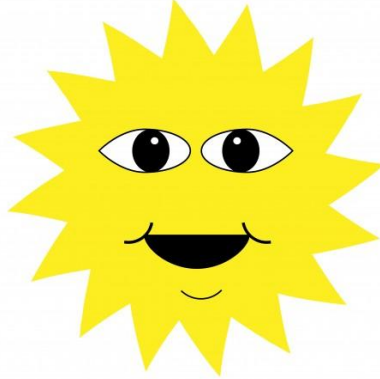


April 2015 Monthly Challenge Options

- Spend 30 minutes outside for fresh air, sunshine, and Vitamin D, at least 3 times a week for the month of April 2015



- Walk for 30 minutes, at least 3 times a week for the month of April 2015.



If you have any questions or concerns regarding the challenges, please feel free to schedule a time to talk with me. I want to help you meet these challenges!