



Join us for the **10 Day Real Food Challenge** where we will motivate and encourage you to incorporate simple changes that can lead to long term healthy lifestyles. It's not only what we eat that matters, but also how much and even where we eat it. Long term behavior change takes practice. This challenge is designed to introduce one new challenge each day, building on previous activities. At the end of 10 days, you will have incorporated and practiced different eating habits and dietary strategies, which may lead to long term change.

This challenge begins **August 12th** and ends **August 22nd**

You will be provided with daily challenges and a tracker to help you in your quest for success! **Prize is a \$100 gift card to Wegman's Food Markets!**

[How to Win](#)

At the end of the challenge, please turn in a completed tracker with your name and email to hcwellness@tompkins-co.org to be entered in to win!

If you have any questions along the way, please reach out to hcwellness@tompkins-co.org