

3 WAYS

TO ADD A LITTLE HEALTH TO BLACK FRIDAY

BEFORE YOU HEAD OUT THE DOOR OR
LOGIN TO YOUR FAVORITE ONLINE
STORE, HAVE A GAME PLAN. HOW CAN
YOUR SHOPPING BOOST BETTER
HEALTH THIS YEAR?

NEW MEMBERSHIPS

NEW GYM MEMBERSHIPS
AND CLASSES ARE ON
SALE THIS TIME OF YEAR.
THERE IS NOTHING LIKE
WORKING OUT WITH A
GROUP TO BOOST
MOTIVATION. FIND ONE
NOW!

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2

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GO FOR MOVING GEAR

NEW GYM CLOTHES AND SHOES, SPORTS
STUFF, COOKING EQUIPMENT, AND
COOKBOOKS GET YOUR MOVING MORE
AND COOKING MORE NOT SITTING MORE.

YOU MIGHT BE FULL FROM TURKEY BUT...

REMEMBER THE WATER AND
A PIECE OF FRUIT TO
ENERGIZE YOUR SHOPPING
PLANS WITH BETTER
CHOICES THAN THE FOOD
COURT.