



The Arthritis  
Society

The Arthritis Society's

# LIFESTYLE MAKEOVER CHALLENGE

Take part in a  
lifestyle challenge  
and commit to  
a healthier you.

GET  
STARTED  
TODAY!

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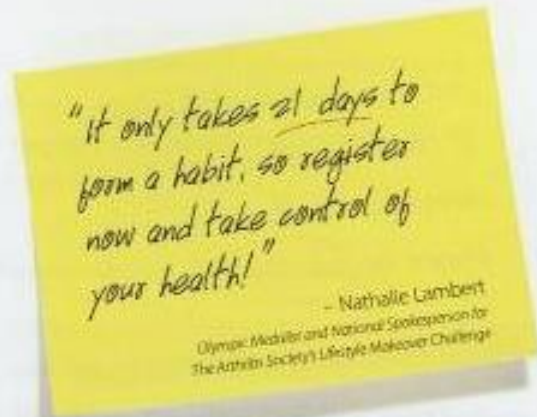
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*Commit to get fit!  
Sign up for The Arthritis  
Society's Lifestyle  
Makeover Challenge today!*

Join thousands of Canadians who are moving to improve their health by taking The Arthritis Society's **Lifestyle Makeover Challenge**. We know you can do it and we will help you.

### What is The Arthritis Society's Lifestyle Makeover Challenge?

The Arthritis Society's Lifestyle Makeover Challenge begins as a four-week national challenge that encourages Canadians to become more active and eat healthier to delay the progression and reduce the pain and stiffness of osteoarthritis (OA). Through this four-week challenge you will set your own Lifestyle Makeover goals, commit to making changes and you will receive tips to help you reach your goals, helping you create healthy habits for life.



### Why you should take the Lifestyle Makeover Challenge

Just ten pounds of extra weight is increasing your chances of developing OA in your knees, but the Lifestyle Makeover Challenge will help you increase your level of exercise and adopt a healthier diet which can help you lose weight, manage chronic pain, keep joints mobile and improve your overall sense of well-being. This challenge is for Canadians young and old, with arthritis or without.

This challenge can help you create lasting, healthy habits for a healthier you!

Sign up today for the Lifestyle Makeover Challenge and commit to get fit! We will provide you with great tips and ideas on how to become more active.

