

Five to Thrive

🍏 Nutrition Challenge

Join the **Five to Thrive** Nutrition Challenge and get on your way to eating better today.

Registration opens June 30!

Early registration incentive! Register for the challenge by July 7 and be entered into a drawing for one of 10 fruit/veggie boxes.



CHALLENGE COMPLETION DRAWING: Complete the challenge requirements and be entered to win one of 10 fruit/veggie boxes.

From July 7 to August 3, enter how many servings of fruits and vegetables you eat for 21 of 28 days on webmdhealth.com/healthyreturns. When you track for 21 days and eat 5 or more servings per day for at least 14 of those days, you'll earn 50 Take Action points and a healthier, happier you.

Sign up today at webmdhealth.com/healthyreturns.