

Heels and Hills Invites You To



LIVE OUTSIDE YOUR BOX is a 12-month journey dedicated to improving overall health, fitness, performance and quality of life.

Our mission is to help friends

- ❖ *Feel better and have more energy*
- ❖ *Look younger and reach weight management objectives*
- ❖ *Improve workouts and fitness programs*
- ❖ *Enhance overall quality of life*

Each new partner in our journey receives

- ❖ A “**Live Outside YOUR Box**” Tech Shirt
- ❖ An entry into *Heels and Hills Weight Watchers Walk It 5k*
- ❖ Complimentary product samples
- ❖ Monthly socials focused on personalized health, nutrition, weight management, exercise, and fitness programs
- ❖ Informal training walks/runs
- ❖ Opportunities to network with others who share common fitness and lifestyle objectives

Register at Packet Pick Up for \$30