

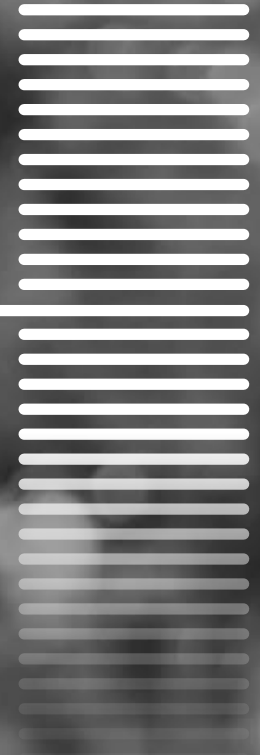


# CHANGE STARTS TODAY. AND IT STARTS WITH YOU.



WEIGHT

-12



STEPS

8,724



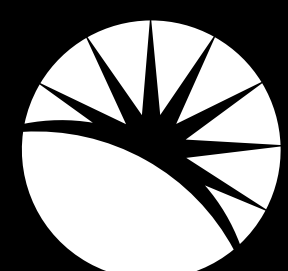
SCAN AND DOWNLOAD  
THE FREE APP

## JOIN THE 1,000,000 POUND CHALLENGE.

More than one-third of our community is directly impacted by obesity, putting Mid-Southerners at a higher risk of developing life-threatening conditions. Together, we can change this and help create a healthier and more active community. Are you up to the 1,000,000 pound challenge or simply want to live a more active life? Join **Action News 5** and the **Healthier 901** movement by downloading the free wellness app to track weight loss and access resources, events, partner discounts and more.

[healthier901.com](http://healthier901.com)

POWERED BY



**Methodist**  
Le Bonheur Healthcare

**cigna**  
healthcare



# CHANGE STARTS TODAY. AND IT STARTS WITH YOU.



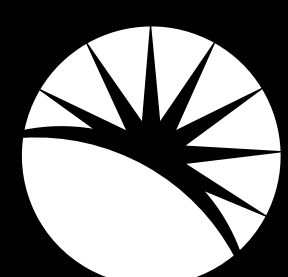
SCAN AND DOWNLOAD  
THE FREE APP

## JOIN THE 1,000,000 POUND CHALLENGE.

More than one-third of our community is directly impacted by obesity, putting Mid-Southerners at a higher risk of developing life-threatening conditions. Together, we can change this and help create a healthier and more active community. Are you up to the 1,000,000 pound challenge or simply want to live a more active life? Join **Action News 5** and the **Healthier 901** movement by downloading the free wellness app to track weight loss and access resources, events, partner discounts and more.

[healthier901.com](http://healthier901.com)

POWERED BY



**Methodist**  
Le Bonheur Healthcare

**cigna**  
healthcare