

Welcome to **WOW! Wellness Our Way.**

Weekly and Monthly Challenges Including:

- Steps towards better health!
- Gratitude
- Food logging
- Encouragement
- Water drinking
- Workout consistency

A little friendly competition keeps everyone motivated and inspired!

Weekly Wellness Worksheets Including:

- Grocery list and Eating Out Guide
- Healthy lifestyle tips
- Tips for avoiding chemicals in your food
- Sample meal plan and at-home workout routines



Email Wellness@CharterLIFE.org and type “I want to know more!” or join us on Facebook: simply log on and type “CharterLIFE Wellness Groups” in the search box and click “join group” to become part of our private group today!
Exclusively created for YOU! Our CharterLIFE members.
Teamwork makes the program work. Come and get inspired with us!



Get Inspired! Become a HALT Champion!

H **HEALTHY:** Motivated and up for a challenge! Not necessarily the most fit person on campus but up for the challenge of becoming a healthier version of themselves.

A **MBASSADOR:** Inspiring with contagious enthusiasm! Loves to learn and is excited about sharing what they learn.

L **LIFESTYLE:** Ready to embrace change and true lifestyle transformation! Diets and quick fix programs come and go, but true lifestyle change is forever.

T **RAINING:** Ready to form new habits, thoughts, and behaviors by discipline and instruction; seeks to impart the lessons learned through the training process!



Why HALT?

- Our members are charter educators and administrators - we understand that capacity and time is limited!
- Life changing information delivered in an organized and direct manner.
- Focus is on teamwork, education and leadership.
- In addition to the WOW program, Ambassadors act as the team champion for their school.
- Valuable and comprehensive curriculum in all areas of wellness!
- As an Ambassador, you are a “walking example.”
- Excitement and passion spread to your colleagues, family, friends, and to the students looking to you as their inspiration everyday!

