



We took our picture after a group bowling event that we organized as one of our weekly team activities when we do something together as a team that is not "exercise" but an activity that gets you moving and is a lot of fun. We put a spin on the "Y" and decided to answer "Y-Not" as it was easier to think of the things we don't want that would surely happen if we didn't make a conscious effort change the way we were currently living.

"Y" = We are getting active and losing weight to avoid the list of ailments in our poster that come along with poor eating habits and sedentary lifestyles..

Y= High Cholesterol, Lack of Energy, Low Sex Drive, Size 18, Cancer, Obesity, Stroke, Stress, Heart Attack, Asthma, Heart Disease, High Blood Pressure, Size 22, and Diabetes