

# Reach Your Health Peak

## Plant Your Flag!

Congratulations on accomplishing your goal! Keep up the good work and enjoy the health benefits. The next mountain awaits and will be easier to climb.

## Mountain Pass

It might seem like you are still too far from the peak of the mountain. But you've worked hard and made progress. It's important in this journey to reward yourself. Enjoy a day out with a friend, or have a piece of dark chocolate. You've earned it.

## Ridge

You begin to feel greater confidence as your choices have become part of your lifestyle. You also begin to notice that your health habits are paying off. Take a moment to reflect – you are already closer to your goal.

## Base Camp

Base camp is an important point in your journey. You're getting used to new routines, scenery and experiences. It can be a safe haven as you work on new skills and gain confidence.

## Start

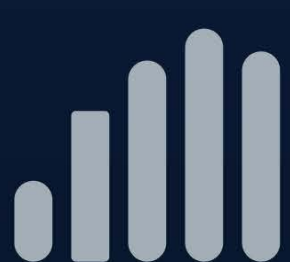
As you think about a path to better health, it might seem like climbing a mountain: steep and daunting. But remember that every journey starts with one step, regardless of where it takes you.



HEALTH



POWER



CHALLENGE



5 500

5 000

4 500

4 000

3 500

3 000

2 500

2 000

1 500

1 000

500

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