

24 START

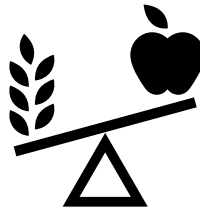
START YOUR JOURNEY TO HEALTH

24 Week study designed to improve your health by changing your diet

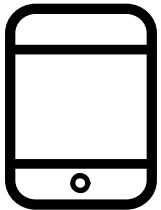
WHY JOIN 24 START?



Get a free health coach



Get a personal diet plan



Use innovative technology from home



Earn up to \$100

WHO CAN JOIN?

ANYONE WHO:

**Interested?
Call today!**



ASHLEY:

205.403.5510

- Has a Spinal Cord Injury
- Is between 21-60 yrs old
- Has internet & a smart phone
- Has a BMI between 25-55 kg/m²
- Is willing to try a new diet