



Healthie Challenge <#>
Check yourself —
and everybody else!

Annoy your friends and family!

Nag, bother and guilt everyone you know to end preventive procrastination!

Checkups, screenings and vaccines are really important. Important enough to badger the people you love.

Here are a few hints that can be effective.

-  **Take no prisoners** (pick them up/drop them off)
-  **Be assertive** (yell across the dinner table)
-  **Blow up their phones** (emails, texts or an actual phone call)
-  **Fake them out** (let's go for ice cream)
-  **Walk the walk** (show by example)
-  **Point out possible problems** ("You look tired Dave.")

Now comes your Healthie Challenge:

Remember the healthie? That's a selfie of you doing something healthy. This time, we challenge you to show and tell your full-on preventive blitz:

- We'll send you tips to use for preventive pics.
- Post them on    
- Start bragging, keep nagging!

