



## **CHALLENGE OF THE WEEK**

### **SHARE A GOOD LAUGH !**

**Internal Workout:** A good belly laugh exercises the diaphragm, contracts the abs and even works out the shoulders, leaving muscles more relaxed afterward. It even provides a good workout for the heart.

For **5** out of **7** days this week share some laughter. Tell a funny joke, watch a great comedy, or just make someone laugh.



**Submit your slip for successful completion of this challenge, on 2/27/12, at the front desk, for a chance to earn prizes at end of the Winter II Session!**