

30-day Sugar Challenge starting January 9

Congrats! You've taken the first step towards a healthier you! This challenge is a great opportunity to create healthy habits that last all year round.

The three purposes of the Sugar Challenge are to:

- Reset your metabolism
- Stabilize your blood sugar
- Help you recognize the amount of sugar you consume daily

Metabolisms are designed carefully to break down foods into their nourishing components and send that energy into our cells. The problem is that our diets (along with too much added sugar and alcohol) have forced our bodies to compensate how they digest. Over time, we actually change the way our bodies break down food and it creates chronic inflammation. In this challenge, we will provide the information and tools you need to reset your metabolism, regulate your blood sugar and start healthy eating habits in this new year.

Please click on this link for the [Sugar Challenge Rules](#)

And don't forget to follow the [Sugar Challenge Facebook Page](#).

Get your friends and family to join you! They can register at this link: [Sugar Challenge Registration](#)

Sincerely,
St. Peter's Wellness Team