**Day 42**

**Title: Congratulations! You did it!**

Congratulations for completing the Lume 42 day Nutrition Challenge! Hopefully you’ve learned a lot about nutrition, and about yourself. During the past six weeks, we’ve covered what foods to eat more of, and which ones to avoid. We’ve talked about the ways the world around you affects how you think about food, and how you decide what and when to eat. We’ve also talked about the things going on in your own mind that can keep you from eating the way you want.

So where do you go from here? Well, anywhere really. You’ve got the skills. You’ve got the knowledge. You can continue on your weight loss or weight gain goal. You can also rely on what you’ve learned to help you make healthy decisions about food for the rest of your life. If you ever need a refresher on vegetables, sugar, or anything else, come back to the Nutrition Challenge. The content will stay available to you. So read an article, do a challenge, or re-do the whole program. It’s really up to you.

We hope the Lume 42 day Nutrition Challenge has been helpful, and maybe even a little life-changing. You’ve made healthy eating a priority, and you should congratulate yourself for that. We sure do. Enjoy your healthy, balanced approach to eating. You’ve earned it!