

LOG OUT

Welcome: jen

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OUT WITH THE OLD, IN WITH THE NEW

We are replacing our traditional incentive plan with an exciting new one which we will introduce early Summer 2013. In the meantime, please take advantage of our free onsite fitness classes, nutrition/exercise consults, stair gyms, seminars, healthy cooking demos and sponsored events!

Wellness Blog

- [Wellness Ambassador Plus One Steps Challenge](#)
4/24/2013 1:06:05 PM by S4L Team
- [Mango Avocado Salsa with Baked Pita Chips](#)
4/22/2013 3:28:13 PM by Strong4Life Team
- [Beginner 5k Running Plan](#)
4/19/2013 2:51:03 PM by Strong4Life Team
- [Actihealth technical difficulties](#)
4/19/2013 10:00:39 AM by s4l team

Wellness Workshops

Our Wellness Workshops give you a personalized program for you to follow on your path to a healthier life.

[Sign Up Now](#)

Talk to a Dietitian

Need answers to your nutrition questions? [Click Here.](#)



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Today

Jen,
You worked very hard.
here are your current results:

My Progress

Current BMI: 21.9
Weight: **140 lbs**
Weight change: 10 lbs gained
Goal: Over by 10 lbs
Target calories: 2254
Exercise level: **Medium**
Incentive Points: **0**
New Messages: **None**

Today: 0 Cups**Fruit & Vegetable Tracker****My Status**



**Set up your health profile
here!**

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