

# Salsa4Fitness Alert

Wellness and Health

Sunday, May 08, 2011



## Salsa4fitness has joined the President's Challenge

Salsa4Fitness has joined the President's Challenge, and I'd like you to join me! What's the President's Challenge, you ask? It's a great way for you to be active and have fun. You can choose from two **free** challenges that encourage you to track your physical activity for an opportunity to earn awards:

- The Presidential Active Lifestyle Award (PALA) challenge, which helps people make physical activity a part of their everyday lives
- Presidential Champions, which challenges you to be more active more often—the more active you are, the more points you'll earn toward our awards

Join our group, and we'll help you stay motivated as you become more active. Here's what you need to do:

• If you already have a President's Challenge account, log in at <http://www.presidentschallenge.org/> and look up our group in the activity tracker using the group number below.

• Or, create a free account at <http://www.presidentschallenge.org/>, choose which challenge you want to participate in, and look up our group in the activity tracker using the group number below.

Group Number: **100247**

Group Name: **Opulence by Choice**

Once you join this group, you will be able to:

- Log your activities and earn points that will count toward our group's total and will help you earn President's Challenge awards
- See how you're doing compared to other group members
- Interact with other members in our group forum
- Add a profile picture that will display in our group (or you can hide your information from other group members, if you prefer)
- Get even more motivated to be active! Salsa4Fitness will be announcing May 11th it's meeting location for Salsa4Fitness. See you soon!

**Gil Padua**

Founder & CEO

