



DISCOVER YOUR HEALTH FORMULA

Join a 12-Fix Group Challenge Today!

Take the 12-Fix Challenge to adopt the 12 most impactful health habits to live a healthier, stronger life - without dieting!

WHY JOIN A GROUP CHALLENGE?

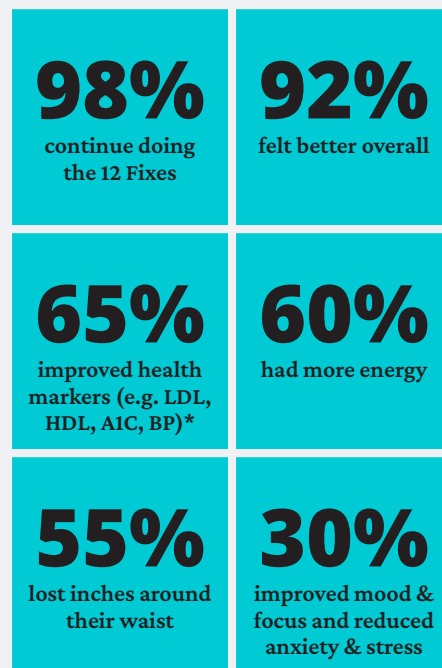
Participating with your friends, family, or coworkers adds a sense of camaraderie, support, and fun as you adopt positive lifestyle habits together.

A survey of past participants indicated that 99% were glad they joined and would recommend the 12-Fix Challenge to a friend.

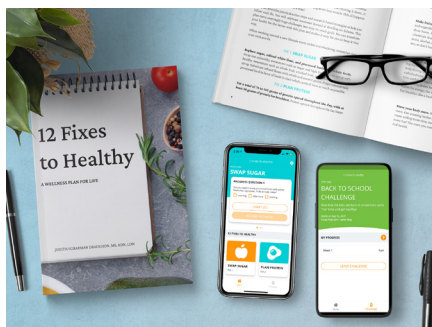
WHAT IS THE 12-FIX CHALLENGE?

The 12-Fix Challenge is a 12-week structured group program to help you adopt the 12-Fix Plan. Every week a new “Fix” is introduced into your everyday routine and points are awarded. Program includes:

- Weekly virtual dietitian-led training sessions.
- A copy of the *12 Fixes to Healthy* book.
- 12 Fixes app with exclusive access to track & view progress.
- Daily support & accountability via your group’s communication platform.



After completing at least 5 weeks of a 12-Fix Group Challenge.
*Of those tracking health markers.



WHAT IS THE 12-FIX PLAN?

Using a Mediterranean, whole food nutrition approach combined with the newest protein science, food timing, mindful eating, eating ergonomics, and exercise, this flexible formula can easily be integrated into any lifestyle.

- No guilt approach.
- Use the 12-Fix plan 80% of the time and see results.
- Not overwhelming, complicated, or time-consuming.

Sign up at 12Fixes.com!

12 *fixes* TO HEALTHY

CREATED BY

Nationally recognized nutrition expert Judith Scharman Draughon MS, RDN, LDN, is the author of *12 Fixes to Healthy* and *Living 12 Fixes to Healthy*. She motivates organizations and businesses with her high-energy presentations and 12-Fix Group Challenge Programs. Judes fosters the expansion of the 12-Fix Group Challenges with affiliate dietitians throughout the U.S.

Judes is available as a guest speaker and is excited to lead a 12-Fix Group Challenge with your groups and organizations.

CONNECT WITH JUDES

12fixes.com  judes@12fixes.com     @foodswithjudes # 12Fixes

TESTIMONIALS

“This 12 Fixes to Healthy Plan in the book 12 Fixes to Healthy was simple and easy to follow! We have never felt hungry and now feel like we are our healthiest selves for retirement. My husband has lost over 6 inches around his middle after just 8 weeks and has more energy, leading to more exercise. He is more fit than he has been in 25 years! My A1C level is normal for the first time in years. This is a plan we can do forever; it’s our new normal.”—Cara and Allen P.

“I have learned that I can affect my body for good through what I eat. I had doctor visits and blood work completed before and after the 12-Fix Challenge, and it was amazing what changes happened. It was empowering.”—Gloria B.

“This book is a fabulous guide for anyone wanting a healthier lifestyle, no matter what their issues might be. It is easy to read, and each Fix is backed up with nutritional facts and relevant research. I thought I knew about nutrition, but I was amazed at how much more I learned from this book. I am eating more, hydrating better, and actually sleeping through the night. It’s been a game-changer!”—Suzi R.

“By joining this challenge I really learned how to properly fuel my body so that I can feel my best. The best part is it is something that I have been able to maintain for 2 years.”—Stephanie A.

“I got a group of 7 friends to do the 12-Fix Group Challenge with me which made it easier to stick with the program and support each other. Plus, is was a big bonus to share recipes! I have had more energy throughout the day and felt less hungry during this challenge program. After week 11, I had lost 3 inches and felt great! Also, my cholesterol levels improved! I now have a new way of living and eating healthy that I enjoy and will stick with.”—Wendy P.

“During the challenge I learned I can have whole grains and still keep my A1C low. I got completely off insulin. I can eat healthy and actually feel totally satisfied while improving my health. I can stay strong and age more gracefully! Food is my friend after all. I tell everyone about this 12-Fix Plan and 12-week Challenge. My doctor bought the book he was so impressed with my results!”—Linds S.

“This 12 Fixes to Healthy Challenge was super helpful to me! I’m diabetic and my fasting blood sugar continued to improve with each Fix! After following these Fixes and completing the 12-week Challenge, my doctor even took me off Metformin because my A1Cs had improved so much. I had already lost 20 pounds before starting the challenge, but I was in a stall. The fixes helped me get over the hump and lose 20 more pounds.”—Doris S.

“I’ve lost 25 pounds and 5 inches around my waist during this 12-week challenge by participating in a 12-Fix Group Challenge. I feel so much better as a result. It’s all doable stuff. I’m a busy mom with little kids and a baby, and I’ve still made it work for me with only a little bit of effort. Besides losing inches, I’ve gained a lot of good knowledge and adopted good habits during this challenge that I will have no problem continuing.”—Ruth A.