



**WIN BIG**  
*in South Africa's most  
exciting Lifestyle Challenge!*

*More than  
**R25 000**  
in prizes up  
for grabs*

Eat Well Live Well wants to be by your side, giving you all the tools you need so that you and your family can live your healthiest lives possible.

We understand that there are hurdles - nutrition, budget and time constraints. But we also know that if we are by your side to mentor you, each and every step of the way, we can make your journey less overwhelming.

*6 weeks,  
4 coaches,  
2 families -  
you don't want  
to miss out!*

We want South Africa to see that the journey to a healthier, happier lifestyle is within reach. Over the next six-weeks, two lucky families are going to have the chance to learn how to live a healthy balanced life – and stand the chance to win R25 000 worth of expert coaching as well as Eat Well Live Well endorsed products for six months.

What are you waiting for, share your #FamilyFoodMatters video and you could take centre stage in SA's most exciting healthy lifestyle challenge!

**How to enter the  
#FamilyFoodMatters  
Lifestyle Challenge**

**Get famous for choosing  
a healthy lifestyle!**

Enter your family by sending us a 45-60 second video telling us why **YOU** should be chosen.

*Upload your videos  
to **Instagram** tagging  
**@eatwelllivewellsa** and/or  
**Facebook** **@EatWellLiveWellSA**.*

*You can also use the  
following hashtags to  
enter the competition*

***#EWLW**  
**#FamilyFoodMatters**.*