

## ★ You've Been Sparked!

SparkPeople.com is challenging cities across America to get fit and healthy, and I am trying to help Detroit lead the way!

Join the **SparkDetroit.com** Diet & Fitness Challenge and **REACH YOUR GOALS!**

**SparkDetroit**  
[www.SparkDetroit.com](http://www.SparkDetroit.com)

## ★ You've Been Sparked!

SparkPeople.com is challenging cities across America to get fit and healthy, and I am trying to help Detroit lead the way!

Join the **SparkDetroit.com** Diet & Fitness Challenge and **REACH YOUR GOALS!**

**SparkDetroit**  
[www.SparkDetroit.com](http://www.SparkDetroit.com)

## ★ You've Been Sparked!

SparkPeople.com is challenging cities across America to get fit and healthy, and I am trying to help Detroit lead the way!

Join the **SparkDetroit.com** Diet & Fitness Challenge and **REACH YOUR GOALS!**

**SparkDetroit**  
[www.SparkDetroit.com](http://www.SparkDetroit.com)

## ★ You've Been Sparked!

SparkPeople.com is challenging cities across America to get fit and healthy, and I am trying to help Detroit lead the way!

Join the **SparkDetroit.com** Diet & Fitness Challenge and **REACH YOUR GOALS!**

**SparkDetroit**  
[www.SparkDetroit.com](http://www.SparkDetroit.com)

## ★ You've Been Sparked!

SparkPeople.com is challenging cities across America to get fit and healthy, and I am trying to help Detroit lead the way!

Join the **SparkDetroit.com** Diet & Fitness Challenge and **REACH YOUR GOALS!**

**SparkDetroit**  
[www.SparkDetroit.com](http://www.SparkDetroit.com)

## ★ You've Been Sparked!

SparkPeople.com is challenging cities across America to get fit and healthy, and I am trying to help Detroit lead the way!

Join the **SparkDetroit.com** Diet & Fitness Challenge and **REACH YOUR GOALS!**

**SparkDetroit**  
[www.SparkDetroit.com](http://www.SparkDetroit.com)

## ★ You've Been Sparked!

SparkPeople.com is challenging cities across America to get fit and healthy, and I am trying to help Detroit lead the way!

Join the **SparkDetroit.com** Diet & Fitness Challenge and **REACH YOUR GOALS!**

**SparkDetroit**  
[www.SparkDetroit.com](http://www.SparkDetroit.com)

## ★ You've Been Sparked!

SparkPeople.com is challenging cities across America to get fit and healthy, and I am trying to help Detroit lead the way!

Join the **SparkDetroit.com** Diet & Fitness Challenge and **REACH YOUR GOALS!**

**SparkDetroit**  
[www.SparkDetroit.com](http://www.SparkDetroit.com)

## ★ You've Been Sparked!

SparkPeople.com is challenging cities across America to get fit and healthy, and I am trying to help Detroit lead the way!

Join the **SparkDetroit.com** Diet & Fitness Challenge and **REACH YOUR GOALS!**

**SparkDetroit**  
[www.SparkDetroit.com](http://www.SparkDetroit.com)

## ★ You've Been Sparked!

SparkPeople.com is challenging cities across America to get fit and healthy, and I am trying to help Detroit lead the way!

Join the **SparkDetroit.com** Diet & Fitness Challenge and **REACH YOUR GOALS!**

**SparkDetroit**  
[www.SparkDetroit.com](http://www.SparkDetroit.com)