



## Want to get fit and healthy? Have more energy?

Join [SparkRochester.com](http://SparkRochester.com) and get in the SparkAmerica Challenge  
Get FREE Help Reaching Your Health and Fitness Goals!



SparkPeople.com is challenging cities across America to get fit and healthy and Rochester needs YOUR HELP to make sure we lead the way!

Visit [SparkRochester.com](http://SparkRochester.com) today to join the challenge and you'll get a FREE personalized program including:

- > Personalized fitness & nutrition program
- > Calorie counter and fitness tracker tools
- > Advice and help from health and fitness experts
- > Motivation and support from others just like you
- > Articles and tools to help you reach your goals
- > Healthy events & resources in Rochester
- > Meal plans, shopping lists & nutrition tips
- > Much more!



All 100% free

Join [SparkRochester.com](http://SparkRochester.com) today

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www.SparkRochester.com