

My Healthy Selfie



Anyone Can Take a Healthy Selfie!

1. Grab a Sharpie and write down your Small Steps towards Big Results health goals, like “drink more water”.
2. Take a selfie photo and **email to info@ShapeUpHouston.org** and Tweet, Instagram, Facebook, or Pinterest the picture using **#HealthySelfie**, **#SmallStepsBigResults**, **#MillionPoundChallenge**, or **#ShapeUpHouston**.

Join the weight loss challenge at ShapeUpHouston.org to track your progress.