

# The “Choose Health Challenge” Sponsored By BistroMD



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By Lauren Kochendarfer

Today, many of us are living busy chaotic lives and don't have time to eat right. Instead we reach for fast food, vending machines and items that are convenient. These unhealthy diet choices not only hurt us physically, they can wreak havoc on our emotional well-being and self-esteem. Even worse, it can cause unwanted weight gain and impact your dating and social life. As if that isn't reason enough to stop! Now, delivery meal system, BistroMD has come up with a contest, "Choose Health Challenge," that asks people to make one simple change towards a lifetime of healthy choices.

As soon as I heard about this, I jumped on board! Change one thing. Eat healthy. Maybe win a prize?

It's always been so much easier for me to stop at a fast food drive thru after work than prepare a healthy meal once I'm home. When I heard about the BistroMD "Choose Health Challenge" I decided to make one small change to my diet by eating one healthy meal a day – at dinner. I am participating in this challenge with my boyfriend and we have vowed to prepare and sit down together each evening with a healthy well-balanced meal. This has not only improved my life

emotionally and romantically, but I lost weight as well! It may be only one small change, but it can lead to a lifetime of healthy choices. For example, even if I've eaten something "bad" earlier in the day, ending with a healthy dinner can be motivation to start the next day right!

Now you too can participate in this "Choose Health Challenge" by visiting [Facebook](#) and telling BistroMD how you will challenge yourself to start living healthy. This is a chance to win great prizes like a week of healthy weight loss meals, an iPad2, or even a \$500 shopping spree or cash!

BistroMD hand-prepares well balanced meals by their chefs and uses quality, natural ingredients without hormones, added fillers and unnecessary additives or preservatives. This means no MSG, no Trans Fats, just delicious meals that are good for you. Five days of meals start as low as \$129.95 a week.

Want to commit to a lighter and healthier you? [BistroMD.com](#) is offering FREE Shipping on your first week of meals. Simply Use Discount Code: ChooseHealth at checkout.