

# Start the New Year off RIGHT with...

Starting in January Kenzie's Markets will be promoting healthy lifestyles throughout the store. We will be providing health related information and recipes along with products related to the themes of...

- Weight Loss & Weight Management
- Healthy Alternatives
- Whole Grains & Fiber
- Heart Health



Participants of the Eat Right for Life challenge will be eligible to enter to win great prizes during the month of January. Prizes include...

- Treadmills
- Wii Fitness Package
- Sport Store Gift Cards
- Pedometers



Our Eat Right For Life Program has one goal in mind...educating our customers. Whether you're looking to make better food choices or you want to learn how to read nutrition labels, Eat Right For Life is designed to help guide you down a healthier path. It's never too late to make positive changes and it's never too late to Eat Right!