



Loni Love's 21-Day Wellness Challenge

Self-care Sunday	Motivation Monday	Tasty Tuesday	Wellness Wednesday	Thirsty Thursday	Fit-It-In Friday	Sweaty Saturday
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Loni has teamed up with WW (formerly Weight Watchers) on her journey to **get healthier**, and she wants you to join her! The **21-Day #LoniLoveWellnessChallenge** kicking off August 1, will help you incorporate healthy habits into your daily routine.

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Are you in? Share your photos with **#LoniLoveWellnessChallenge**