



**FAMILY GUARDIAN**

**PRESS RELEASE:**

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**FAMILY GUARDIAN'S BAHAMAHEALTH DIVISION  
TEACHING KIDS HEALTHY LIFESTYLES**

Each Saturday morning scores of Family Guardian's BahamaHealth clients and their families gather to participate in the company's 6-Week Slim-Down Challenge – a unique health initiative designed to provide information, exercise and encouragement for healthy weight loss and fitness. This past Saturday's event focused on quality nutrition and exercise for children, with keynote speaker and renowned pediatrician, Dr. Percival McNeil, reminding parents of their role in formulating meal plans, entertainment and sports that promote optimal health for their young families. The 6-Week Challenge got underway on September 16 and runs through October 28, with participants competing for weekly prizes and a final grand prize for achieving specific health targets.

