



May 19th - August 26th

Take the 100 Day Challenge and Beat Cystic Fibrosis

1 Exercise Per Day
4 Minutes Per Day
For 100 Days

BROUGHT TO YOU BY



How to Participate

- Go to our "BonfireHealth" Facebook Page
- "Like" our Community Page (more info there)
- Starting May 19th follow the Tabata's of the Day (or make-up your own!)
- Add pictures, video's and comments
- Commit to working out with us from May 19th - Aug 26th
- Get sponsored per day and raise money for MOF (if you wish)
- Join us for the Ohana Day Beach Party on Aug 26th

Join Dr. Stephen in the 100 Day Challenge

- Bring awareness to the power of exercise and the wellness lifestyle
- Help beat cystic fibrosis
- Raise money to support Maui Ola Foundation (MOF) - Teaching CF patients to surf around the world
- Get moving, get fit
- Have fun - Join others!
- Jump in at any point...

www.facebook.com/BonfireHealth