

## 31-day Sugar Challenge January 9- February 8

Congrats! You've taken the first step towards a healthier you by registering for the 4th annual SPH Sugar Challenge. This challenge is a great opportunity to start your year off with a healthy start and create healthy habits that last all year round.

### The three purposes of this challenge are to:

- Reset your metabolism
- Stabilize your blood sugar
- Help you recognize the amount of sugar you consume daily

Metabolisms are designed carefully to break down foods into their nourishing components and send that energy into our cells. The problem is that our diets (along with too much added sugar and alcohol) have forced our bodies to compensate how they digest. Over time, we actually change the way our bodies break down food and it creates chronic inflammation. In this challenge, we will provide the information and tools you need to reset your metabolism, regulate your blood sugar and start healthy eating habits in this new year.

Please click on this link for the challenge "rules": [2023 Sugar Challenge Rules](#)  
Sugar Challenge Facebook page coming soon! We will send out an invite to the page when it is up and running.

The week before the challenge we will send an email about reading food labels so you'll know how to identify added sugar. Get your friends and family to join you! They can register at this link: [Sugar Challenge Registration](#)

Sincerely,  
St. Peter's Wellness Team