

# THE MARK MOYAD MD HEALTH CHALLENGE



## Take The Mark Moyad, MD Health Challenge!

*If you could do something to optimize your mental and/or physical health in just one novel and imaginative way between now and september 1st, what would you do?*

**J**oin Mark Moyad, MD, and PCRI as we challenge you and ourselves to a new level of health and fitness. Starting on May 1st and ending September 1 (4-month window), PCRI and Dr. Moyad will provide countless ways to challenge YOU and even the ones you love - to break out of your comfort zone and embrace life from a completely different angle - with an unbridled verve never before observed by humans by choosing some exercise for your mental, physical and/or spiritual health you have never attempted before in your life - all by the September Conference. Pick one of these challenges (especially the one you never thought you would accomplish or choose). We offer a large list of challenges, or you can create a unique challenge of your own. After you complete your goal - send a photo of you and

others in action and a paragraph on what you learned (or not) from this challenge. My wife & I will reveal our choice on May 1. One of the best things you can do for your mental, physical, and spiritual health and your relationships is to embrace or bear hug life by trying something completely new and different or something that causes you and the one you love to step away briefly from your routine healthy comfort zone(s). You will see exactly what I mean after you complete the Moyad challenge. Sign up here to take the pledge to break out of your comfort zone and stay updated with tips from Dr. Moyad & PCRI. Hopefully, my wife will not pick diving with sharks that are recently coming off a hunger strike, or a cage match no holds barred boxing event with Big Foot or bungee jumping above a nail factory or sewage plant.

Take the challenge by visiting:  
<http://www.pcri.org/moyad-challenge>

