

select simpler...

respect the body...



Be Choosy! News, Events and Tips

Dear Family and Friends,

I am **honored** to share that I have been selected as a finalist in **Prevention Magazine's** "Picture of Health" contest! Prevention searched nationwide for individuals who have overcome a challenge in life, live an active lifestyle, and inspire others. From eight hundred entries, they narrowed down five finalists.

Now, the winner will be determined by America voting every day between April 1st and 15th! By You!

The Doctors, a nationally syndicated hit daytime talk show, is kicking off the voting period on April 1st by announcing the finalists on their show and website.

Prevention Magazine's May issue, in stores in the beginning of April, includes MY story and picture! (After a fairytale makeover and photo shoot!)

America's chosen winner will have \$5,000.00 donated to the charity of their choice. I would **love** to secure that prize for the **Breast Cancer Fund**, in the name of prevention of the too familiar disease that 1 in 8 women fight. You can [view my homemade entry video](#), and [listen to an audio of my essay](#), posted on ChooseWiser.com, my website dedicated to educating women on reducing environmental toxins.

Please **join my adventure** and shout out to the world!

- o Email a personal message to friends and family about the contest.
- o Post every morning where you think the charity money should be donated.
- o Tweet daily, "I voted at Prevention.com today for..."

Don't forget spouses! They can play too. The contest is open to everyone to vote once per day/per person and/or email address. (Although they have to be over 18 and a resident of US, excluding AZ.)

My life is a truly a blessing. I find joy in pushing myself into the unknown, but the adventure is rewarding when friends and family are by my side.

Thank you, and have fun!

Kristi



[VOTE HERE APRIL 1ST THROUGH 15TH](#)

Media Inquiries please contact Director of Publicity, Prevention Magazine, Beth Toovell (bethridge.toovell@rodale.com).