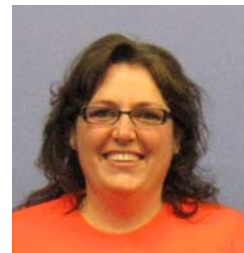


Meet the Orange Team

Chris Nicholson & Helene Beck Couple (Engaged to be married)



I believe this is going to be a remarkable year for us. My name is Helene and I am Fiancée and team partner with Chris. We are extremely thrilled to be one of the 4 teams chosen for Extreme Challenge 2010. Together we make up team orange.



A bit about us: Chris and I have been together for 1.5 years and we are going to be married on July 31st of this year. This is providing us with extra incentive as we go through the next twelve weeks. We are eager to put all the pieces of learning together that the extreme challenge will provide. Exercise, nutrition tips, menu plans and a support system to encourage us on our way. Through participating in the challenge it sets a foundation for a permanent lifestyle change to be the best we can be. Living a healthy, active, and fulfilled life along with our families.

I have 3 grown children ages 25, 23, and 21 as well as a 5 year old granddaughter and 5 month old grandson. Chris has 2 children ages 10 and 6. What a wonderful family and we look forward to aging as vibrant parents and grandparents with the ability to share our knowledge and healthy choices. This will be a very full 12 weeks and we are up for the challenge. We are strong individuals, however; together we make a dynamic team and we look forward to sharing our experiences with you.



Helene & Chris

