D.I.Y. // RED ZONE HIGH 5

Give us a hand and show your unwavering support for the best the East has to offer.

INSTRUCTIONS:

RIGHT OR LEFT - All you need is one hand.
BUCKET O' FUN - Pour non-toxic RED paint into bucket and stick your hand in.
SHAKE IT OFF - Don't let paint drip on your mom's floor. Shake off excess and let dry.

Now you're ready for the coolest, REDDEST high 5-ing ever.

RED FACTS

RF #1 The mere perception of RED enhances your metabolism by 13.4 percent.

RF #2 Hometown hero, Udonis Haslem's favorite restaurant is the RED Lobster...Coincidence?

RF #3 Ancient Egyptians used RED to symbolize victory.

RF #4 When you have a job to get done, wearing RED gives you that extra boost of energy and determined mind set you need to kick butt and take names.

RF #5 RED has the longest wavelength in the color spectrum.

RF #6 Life really is better through rose (RED) colored glasses.

FOR MORE RED ZONE INFO VISIT www.HEATREDZONE.com