

Live Healthy IOWA



100 Day Wellness Challenge
January 14 - April 23, 2010

www.livehealthyiowa.org

What is Live Healthy Iowa?

The Live Healthy Iowa 100 Day Wellness Challenge is a fun, easy and affordable way to engage Iowans in healthy behaviors. This team-based physical activity, nutrition and weight loss program is designed to promote positive changes leading to a healthier lifestyle.

Since 2002, Live Healthy Iowa has helped over **150,000** participants lose **618,139** pounds and log over **26 million** miles of activity!



How does Live Healthy Iowa work?

Friends, families, co-workers and/or community members form teams of 2-10 people and track physical activity and/or weight loss over 100 days. Participants report progress weekly through the program Web site - www.livehealthyiowa.org.

For only \$20, each participant receives:

- 🍎 Live Healthy Iowa T-shirt
- 🍎 1-year subscription to one of ten lifestyle magazines
- 🍎 Everyday Coupon Book containing valuable discounts and health information
- 🍎 Live Healthy Iowa Access Card with opportunities for wellness discounts across the state
- 🍎 Weekly motivational emails containing physical activity, nutrition and recipe tips
- 🍎 Personal online tracking page with access to a wide variety of online resources
- 🍎 And More!!



How to get started!

It's easy! Contact Live Healthy Iowa today. We will assist with all the details in making this turn-key wellness program work for you.

Contact Live Healthy Iowa for more information
info@livehealthyiowa.org or 888-777-8881 ext. 110