

MILLS COUNTY PUBLIC HEALTH

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Public Health
Prevent. Promote. Protect.

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LIVE HEALTHY IOWA CAN HELP YOU CHANGE YOUR LIFE – SIGN UP TODAY

The New Year welcomes your resolutions. There's no better time than now to decide to do something great for your health and the health of Iowa. Join thousands of Iowans in Live Healthy Iowa's annual 100 Day Wellness Challenge!

For the past 10 years, Live Healthy Iowa has been making an impact on individuals, families, schools, businesses and communities across the state of Iowa by providing team-based wellness challenges. Since 2002, Live Healthy Iowa has helped more than 197,000 participants lose 811,617 pounds and log more than 34 million miles of physical activity!

The Live Healthy Iowa 100 Day Wellness Challenge is a simple and affordable challenge encouraging Iowans to make healthy choices. Over the course of 100 days, teams (2-10 people) compete in friendly competition tracking activity minutes and/or weight loss through the Live Healthy Iowa website.

For only \$20, participants will receive:

- ☑ Unlimited access to the **NEW** Live Healthy Iowa website
- ☑ Training T-shirt
- ☑ Weekly motivational emails containing healthy tips and recipes
- ☑ Access Card redeemable for health and wellness discounts across the state
- ☑ 100 days of access to **TRAINING PEAKS**
- ☑ Chance to win team and individuals incentives, including a four-night tropical cruise for two!
- ☑ One-year subscription to a lifestyle magazine*: Better Homes and Gardens, Men's Journal, Family Circle, Parents, Fitness, Siempre Mujer, Ladies Home Journal and more!

*Upon logging onto your personal dashboard and selecting the magazine of your choice.

Get started today!

Step 1: CHOOSE TO LIVE HEALTHY! Get on the right track to a healthier lifestyle and choose the 100 Day Wellness Challenge. **Step 2:** BUILD YOUR TEAM! Form a team (2-10 people) and elect a captain. Select a team name and gather all team members' email addresses and T-shirt sizes. Registration is only \$20 per participant with FREE shipping! A \$5 registration discount is available through Hy-Vee.

Step 3: SIGN UP! Beginning Dec. 20, register your team at www.livehealthyiowa.org. If the challenge is a component of your organization's wellness program and has multiple teams participating, register your team with your assigned Group ID.

Step 4: CHANGE YOUR CHOICES! Log on to www.livehealthyiowa.org where you have unlimited access to recipes, videos, workouts and health information. Don't forget to track progress throughout the 100

Day Wellness Challenge – from accumulated activity minutes and/or pounds lost to daily notes and wellness goals.

Step 5: CHANGE YOUR LIFE! Live Healthy Iowa challenges you to continue living a healthy lifestyle even after completing the 100 Day Wellness Challenge. You will have continued access to all of the online resources and tools in addition to the opportunity to take part in other Live Healthy Iowa challenges.

For more information about the program, visit www.livehealthyiowa.org or contact Anne Smith and Julie Lynes at Mills County Public Health (527-9699) for local activities that support Live Healthy Iowa.