



**Live Healthy IOWA**  
100 DAY WELLNESS CHALLENGE  
JANUARY 23 - MAY 1, 2012



**REGISTRATION OPENS DECEMBER 20**

The **Live Healthy Iowa 100 Day Challenge** is a team based weight loss and physical activity program that will assist you in making positive changes that lead to a healthier lifestyle.

### How do I start?

Form a team of 2-10 co-workers and nominate a Team Captain. Register on the LHI website with Group Registration ID: **LHIUIOWA**.

Visit [www.uiowa.edu/hr/wellness/livehealthy](http://www.uiowa.edu/hr/wellness/livehealthy) more information.

**\$15 reimbursement available for faculty/  
staff in 50% or greater, regular positions  
that submit data 12 weeks of the program!**

- 1-year magazine subscription
- Live Healthy Iowa training T-Shirt
- Weekly activity, nutrition and motivation tips via email
- Weekly recipe via LHI website
- Personalized dashboard to track individual and team progress
- Use Leaderboards to compete against other University and state teams
- Additional prizes and events from UI Wellness

