

Live Healthy Iowa Wellness Challenge 2014

Written by Lenore Alonso
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Need a little motivation to live healthier and be more active in 2014? Sign up and join the Live Healthy Iowa 10 Week Wellness Challenge that runs from January 27 to April 4. It is a great way to increase physical activity, eat healthier, lose weight, or maintain your current healthy lifestyle.

For a fee of \$20, participants will receive a challenge t-shirt, weekly motivational emails, unlimited access to recipes, workouts, health information, free registration for Winter and Summer Iowa Games Fitness Walks, magazine subscription, and chances to win a variety of small and large prizes! Registration is now open!

Get Started Now:

1. Build or join a team of 2 to 10 people and choose a team name.
2. Go to www.livehealthyiowa.org and click 'Join Today'. If there are multiple teams formed from one location or organization, a group ID number will be given to link the teams together.
3. Complete the required registration information and submit payment online.

For more information on the Live Healthy Iowa Wellness Challenge, please visit the Scott County website: www.scottcountyiowa.com/health.

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