



June 11-July 20, 2018



## Stay ACTIVE & HYDRATED this summer!

This healthy summer challenge provides lowans an opportunity to improve their health while engaging in fun, friendly competition. Over the course of 6 weeks, teams (2-10 people) will track activity minutes and water consumption through the Live Healthy Iowa website.

### For \$10, participants receive:

- Live Healthy Iowa 22 oz. water bottle
- Personal online dashboard with the ability to sync apps and devices
- Weekly email with hydration tips and fitness ideas
- Access to online tools and resources
- Opportunities to win team and individual prizes

**“Burst Your Thirst helps me stay on track and committed to exercise and healthy eating/hydration.”**  
- Helen, 2017 Participant

**Registration opens May 14**  
▶ *LiveHealthy* **IOWA.org**

Teams registered by May 29 will receive their water bottles on or before June 11. Water bottles will be shipped to each team captain for distribution to team members. Beginning May 30, roster additions will incur a \$5 shipping fee.

Proud Sponsor **IOWA FOOD & FAMILY Project**

Supported By **IDPH Iowa Department of Public Health**

**IOWA STATE UNIVERSITY**  
Extension and Outreach

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