LiveHealthy IOWA

Strut Your Pup CHALLENGE

April 15 - May 24, 2019

LIVE HEALTHY IOWA

has gone to the dogs! Well, not completely, but we have created a challenge to get you out and active with your pet during Iowa's cool, Spring weather. Dogs are a great accountability partner; keeping you active and on schedule!

HOW DOES IT WORK?

Team-up with a canine companion, get moving and track your minutes of walking, running, or active play through your Live Healthy Iowa dashboard.

Compete with others in your community, or across the state, as you improve your health and that of a furry friend.

For $8, you receive:

- A fun, dog-friendly gift
- Weekly email tips with ideas to stay active and healthy
- A personal dashboard available online or via mobile app
- Unlimited access to online tools & resources
- Opportunity to win prizes

HOW DO I GET STARTED?

It's simple!

Go to www.livehealthyiowa.org and click JOIN TODAY!

DID YOU KNOW?

Studies have shown that people who regularly walk dogs may benefit from lower blood pressure and lower stress levels. It also improves physical well being and encourages a healthy fitness routine.

REGISTRATION OPENS MARCH 18

LiveHealthyIOWA.ORG

CONNECT WITH US

888.777.8881
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