



BURST YOUR THIRST

June 8 - July 17, 2020

Join Live Healthy Iowa in this fun, summer challenge encouraging healthy hydration habits and physical activity routines. The flexible format and friendly team-based approach will keep you motivated and accountable.

Throughout the six-week event, teams (2-10 people) across Iowa engage in friendly competition tracking water consumption and activity minutes. This challenge is the perfect way to stay active and hydrated this summer!

For \$10, participants receive:

- Live Healthy Iowa water bottle
- Personal online dashboard with the ability to sync apps and devices
- Access to online tools and resources
- Weekly motivational emails with helpful tips and healthy ideas
- Opportunities to win team and individual prizes

Registration opens May 4

LiveHealthy **IOWA**.org

"This challenge inspired me to drink more water and cut out soda. It also made me more aware of my daily activity and prompted me to move!"



Connect With Us    888.777.8881 | info@livehealthyiowa.org

Water Bottle Sponsor



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