

 Live Healthy IOWA

BURST YOUR THIRST

June 14 - July 23, 2021



Stay active and hydrated this summer!

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

For \$10, challenge participants receive:

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



Water Bottle Sponsor

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HEALTH CARE

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888.777.8881 | info@livehealthyiowa.org

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LiveHealthy **IOWA.org**