

Live Healthy **IOWA** **10** **WEEK** **WELLNESS** **CHALLENGE**

JANUARY 9 - MARCH 17, 2023
**TEAM UP, SIGN UP,
GET UP & MOVE!**

Team up with friends, family, or coworkers and join thousands in Live Healthy Iowa's annual 10 Week Wellness Challenge! The unique team format, simple features, and friendly competition are a sure way to get you moving in 2023.

Throughout the challenge, the Live Healthy Iowa (LHI) community will be cheering you on as you work toward healthy goals and building new habits. And the LHI Team will be there with tools and resources to support your efforts, and awards to celebrate your progress!

Your \$25 registration fee also includes a challenge T-shirt, access to a personal online dashboard, weekly motivational messages, complimentary subscription to *Fresh Pickings* magazine, and a \$10 discount on Live Healthy Iowa 5K registration.

Gather your team and join us in January!

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INFO@LIVEHEALTHYIOWA.ORG • 888-777-8881   