

Live Healthy NEBRASKA POWERED BY:  Nebraska SPORTS COUNCIL

# 100 DAY WELLNESS CHALLENGE

PRESENTED BY:

January 14 - April 23, 2010



**BNSF**  
RAILWAY

## Get educated, motivated and activated towards a healthier lifestyle!

The Live Healthy Nebraska (LHN) 100 Day Wellness Challenge is a proven team-centric physical activity, weight loss and nutrition program for all fitness levels designed to promote positive changes leading towards a healthier lifestyle. Live Healthy Nebraska is a part of the national program, Live Healthy America.

### How does Live Healthy Nebraska work?

Co-workers form teams of 2-10 people that track physical activity and/or weight loss weekly at [www.livehealthynebraska.org](http://www.livehealthynebraska.org) in a friendly, fun and motivating wellness challenge.

### For only \$20, each participant receives:

- Live Healthy T-shirt
- 1-year subscription to one of ten lifestyle magazines
- Chances to win individual and team prizes throughout the 100 Day Challenge
- Weekly motivational emails containing physical activity, nutrition and recipe tips
- Personal online tracking page
- Unlimited access to a wide variety of online resources
- And more!

### Step 1: Become a Captain. Start a team!

Team captain must have an e-mail address.

### Step 2: Build Your Team!

Form a team of 2-10 people. Gather the team's e-mail addresses and T-shirt sizes.

### Step 3: Sign Up! Register Online.

The team captain will go to [www.livehealthynebraska.org](http://www.livehealthynebraska.org) to register his or her team.

Enter the Group Registration ID if applicable.

The entry fee is only \$20 per participant with FREE shipping and handling!

T-shirts will begin shipping Tuesday, February 2nd. Please allow 2-3 weeks for delivery.

**Live Healthy Nebraska Gold Level Partners:** Arby's, Downtown Optimist Club of Lincoln, Farmers Mutual Insurance Company, Lincoln Benefit Life, Lincoln Orthopaedic Center, Mr. Goodcents Subs & Pastas, Nebraska Beef Council, Nebraska Community Bloodbank, Nebraska Lottery, Nebraska Pork Producers, Sandhills Publishing, St. Elizabeth Regional Medical Center, Subway.

**Team Up and  
Get Involved!**

**Registration Opens  
December 15th!**

[www.livehealthynebraska.org](http://www.livehealthynebraska.org)

For questions or help with  
registrations, call

Live Healthy America at

888.282.0822 or

[info@livehealthyamerica.org](mailto:info@livehealthyamerica.org)

**Join the Challenge!**

**Change your  
choices, change  
your life!**