

LiveHealthy NORTH TEXAS

100 DAY WELLNESS CHALLENGE

January 14 - April 23, 2010

Get educated, motivated and activated towards a healthier lifestyle!

The Live Healthy North Texas (LHNT) 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.

How does Live Healthy North Texas work?

Co-workers form teams of 2-10 people that track physical activity and/or weight loss weekly at www.livehealthynorthtexas.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.livehealthynorthtexas.org to register his or her team.
- Enter the Group Registration ID.
- 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.

Change your choices. Change your life!

**Choose to
Live Healthy!**

**Team Up and Get
Involved!**

**Registration Opens
December 15th!**

www.livehealthynorthtexas.org

For questions or help with
registrations, call

Live Healthy America at
888.282.0822 or

info@livehealthyamerica.org

Join the Challenge!