



Why should my company participate in the Live Healthy Greenville 100 Day Challenge?

By participating in Live Healthy Greenville through the Greenville Chamber of Commerce Program, you will have materials, tools, and resources to help your employees set realistic goals and make informed decisions about their health. Live Healthy Greenville provides each participant with:

- A training t-shirt
- Chances to win prizes and incentives throughout the 100-day challenge
- Weekly activity, nutrition, and recipe tips via e-mail
- A personal online tracking page
- Team leaderboard
- A one-year subscription to one lifestyle magazine

Plus, there are chances to win additional prizes by participating in the Live Healthy Greenville 100 Day Challenge!

INDIVIDUAL PRIZES:



Enter text here



Enter text here



Enter text here



Enter text here

TEAM PRIZES:



Enter text here



Enter text here

Why Live Healthy Greenville works?

IT'S EASY...All of us lead busy lives and we may not always feel like we have "time" for a healthy lifestyle. That's why the Challenge works for small businesses. Employees don't have to change all at once or try to "fit" more in. It's simply changing everyday lifestyle choices for better health.

COLLABORATION...Participating in the challenge can move a company toward a culture of wellness and a healthier lifestyle for their employees.

COMMUNITY...The challenge creates a sense of community in a team-based environment. Friendly competition boosts participation and motivates participants to be more active.

EFFICIENT AND AFFORDABLE...With little time and few resources, it can be tough for small businesses to implement a wellness program. The challenge is an opportunity to jumpstart a wellness program that's inexpensive and easy.

IT'S 100 DAYS TO A HEALTHIER BUSINESS & COMMUNITY!

Kick-off 2009 by teaming up and getting involved in the Live Healthy Greenville Challenge, January 14 – April 23! Visit www.livehealthygreenville.org to register, or call Live Healthy America at (888) 282-0822 for questions or help with registration.