



LIVE HEALTHY 100 DAY CHALLENGE

TEAM UP AND GET INVOLVED!

January 14 – April 23, 2009

100 DAY WELLNESS CHALLENGE

- 100-day team wellness challenge
- Teams track weight loss and/or minutes of physical activity
- Weekly fitness and nutrition e-mails
- Incentives and prizes for team activity
- Training T-shirt
- Magazine subscription of your choice
- And more!

REGISTER TODAY!

www.livehealthytexas.org
For questions or help with registrations, call Live Healthy America at (888) 282-0822.

Get your company moving toward a culture of wellness.

The Live Healthy Texas 100 Day Challenge is excited to connect communities with a fun and easy way to engage Texans in healthy behaviors. Team up and get your community involved!

Introducing the Live Healthy Texas 100 Day Challenge, January 14 – April 23, 2009.

What is Live Healthy Texas?

Live Healthy Texas (LHT) is a 100-day team-based weight loss and physical activity program that helps participants make positive changes that lead to a healthier lifestyle through increased physical activity and improved nutrition. Live Healthy Texas is a part of the national program, Live Healthy America.

How does Live Healthy Texas work?

- Co-workers form teams that track weight loss and/or minutes of activity during the 100-day challenge.
- Team members report their progress on a weekly basis at www.livehealthytexas.org.
- Team members can check the leaderboard to see where their team ranks in the Live Healthy Texas 100 Day Challenge or within their community.
- Chances to win prizes as a team throughout the 100 days.

It's easy to team up and get involved!

Step 1: Start a Team.

- Form a team of 2–10 people. Gather your team's e-mail addresses and t-shirt sizes.

Step 2: Choose a Team Name and Team Captain.

- Team captain must have an e-mail address.

Step 3: Register Online.

- The team captain will go to www.livehealthytexas.org to register his or her team, using the group registration ID for their company/chamber/community.
- The entry fee is only \$18 per participant and FREE shipping and handling!
- T-shirts will ship February 1st.

