



join the
CHALLENGE



NOVEMBER 30 - DECEMBER 27



THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR
DEPARTMENT OF
HUMAN RESOURCES

healthy **COLUMBUS**
CITY EMPLOYEE WELLNESS PROGRAM

The holidays can be stressful. Taking care of yourself can help to reduce that stress. The Healthy Holidays challenge encourages you to be mindful about exercising, drinking water, and getting enough sleep.

As a participant, you earn points based on your healthy responses that will increase your ranking and your eligibility to win incentives.

It can be challenging to make healthy changes alone; so with support, changing your choices can help change your life

GETTING STARTED

REGISTRATION OPENS NOVEMBER 16TH

- You will go to **www.livehealthycentralohio.com** to register yourself. This is an individual challenge so you will be your own "team" of one.
- Enter Group Registration ID: **LHCOLUMBUS.**
- Use the Live Healthy America contact information below for questions regarding registration.
- If you have participated in a Live Healthy America program in the past, please sign in with that username/ password information.

TRACKING ACTIVITY

- Log into your Live Healthy dashboard:
www.livehealthycentralohio.com
- Click on the myTracker tab to start logging your activity.

PRIZES

- Earn Healthy Columbus shoelaces, touch screen winter gloves, a cardio cycle so that you can pedal underneath your desk and so much more!
- Win gift cards for entering our holiday music challenge, submitting healthy side dish recipes, or decorating your office, work, home or car!

**All prizes subject to tax.*