

2015
THE TIME IS NOW.

BE { THE BEST VERSION OF } YOU.

10 WEEK WELLNESS CHALLENGE JOIN THE CHALLENGE

Congratulations on taking the first step to the best version of you! We are excited to help you ignite the spark in your culture with teamwork, self-confidence and healthy behaviors to inspire changes. Our online tools allow participants to challenge themselves, set goals, create personalized plans and track progress.

Follow the steps listed to get started on your journey. Look forward to team challenges, nutrition and workout tips, along with inspiration to help you stay motivated.

1 GETTING STARTED

- Challenge: January 26 - April 3, 2015
- Form a team of 2-10 and elect a team captain.
- Choose a team name.
- Provide email address and t-shirt size to team captain.
- Entry fee is FREE per participant.

SHARE YOUR JOURNEY:

#LHA10WEEK

FOLLOW US ON FACEBOOK, TWITTER, AND INSTAGRAM

2 REGISTRATION

- Registration: December 15, 2014
- Team captain will go to: www.livehealthycentralohio.com to register team.
- Click **Join Today**
- Enter **Registration ID: LHCOLUMBUS**
- Team captain will complete registration process.
- Following registration, team members will receive an email containing a **username and password**.
- **Participants** must log in, accept invitation to join, and complete their profile before they are able to view their dashboard and start tracking progress.

3 TRACKING ACTIVITY

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

Tracking Activity with Device/App (optional):

- Integrate a tracking app or device into your challenge and automatically sync with the Live Healthy America website:
- Download the tracking app on your smartphone device.
- Log into your Live Healthy America dashboard: www.livehealthycentralohio.com
- Click on myDevices/Apps tab.
- Find the device option and click **Add Device** to sync your information.