



WELCOME TO THE 10 WEEK WELLNESS CHALLENGE!

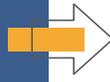
Live Your Life Like Every Moment Matters! Make positive changes towards a healthier lifestyle with team activities, weight loss success, and by discovering the benefits of healthy nutrition (all at no cost!).



JANUARY 25 - APRIL 1, 2016



GET STARTED



On your mark, get set, GO!

1. FORM A TEAM OF 2-10 MEMBERS

ELECT A TEAM CAPTAIN

- » The captain will gather team members' email addresses, t-shirt sizes, and register the team.

CHOOSE A TEAM NAME

- » Your team name will be displayed on the leaderboard.

2. TRACK ACTIVITY

PARTICIPANTS GET:



- » Coolest t-shirt ever
- » Magazine subscription
- » Weekly nutrition tips
- » Healthy recipe ideas
- » Shopping lists
- » Calorie tracker

3. WIN PRIZES

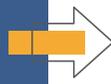


**MORE WINNERS
MORE PRIZES!**

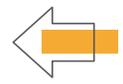
YOU CHOOSE YOUR PRIZE

- » Earn points to redeem prizes in the new online rewards catalog at the end of the challenge! (Or roll your points into the next challenge in 2016!)

HOW TO REGISTER



**Registration opens
January 11th, 2016**



SPACE IS LIMITED!

CAPTAIN

- » Go to: **www.livehealthycentralohio.com**
- » Click **JOIN TODAY.**
- » Enter your Group Registration ID: **LHCOLUMBUS.**
- » Complete registration process.
 - » You will receive an email confirming you've completed the registration process.
- » Edit your profile.
- » Start tracking your activity.
- » Keep an eye out for your team's **T-SHIRTS** and fun **CAPTAIN'S CHALLENGES!**

TEAM MEMBER

- » You will receive a **CONFIRMATION EMAIL** after your Team Captain has completed registering your team.
 - » The confirmation email will contain your username and password. **You must login** to be recognized as a member of your team.
- » Go to: **www.livehealthycentralohio.com.**
- » Click **LOGIN.**
- » Edit your profile.
- » Start tracking your activity beginning January 25th.