

THIS
COULD CHANGE
YOUR LIFE

TEAM UP TODAY!



GET {SWEET} REWARDS

COOLEST T-SHIRT EVER*
MAGAZINE SUBSCRIPTION
LOCAL DISCOUNTS
WEEKLY NUTRITION TIPS
HEALTHY RECIPE IDEAS
SHOPPING LISTS
CALORIE TRACKER



GET {MORE} ACTIVE

PERSONAL TRAINING PLANS
WEEKLY WORKOUT TIPS
WORKOUT VIDEOS
AUTOMATIC DEVICE SYNCING



HAVE {TONS OF} FUN

COMPETITIVE TEAM CHALLENGES
MOTIVATING EMAILS
FLEXIBLE GOAL TRACKING
HEALTH TRACKING
SOCIAL FORUM BECAUSE EVERYTHING
IS MORE FUN WITH FRIENDS!



BE {THE BEST
VERSION OF} YOU.

IT'S BACK!

Live Healthy 10 Week Wellness Challenge

January 26th-April 3rd, 2015

It's about more than weight loss.
It's about being healthy and feeling great.

Grab a team of 2-10 co-workers and sign up today for the chance to win fabulous prizes in addition to the {SWEET} rewards!

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.