

# Live Healthy CENTRAL OHIO 100 DAY WELLNESS CHALLENGE

JANUARY 23 - MAY 1, 2012

## Get Moving Stay Motivated

The **Live Healthy Central Ohio 100 Day Wellness Challenge** is an exciting new way to connect with co-workers, friends and family to get active and become conscious of the lifestyle decisions we make on a daily basis. By using a fun, team-centric approach, **Live Healthy Central Ohio** helps you create positive choices when it comes to physical activity, weight loss and nutrition.

## Join the Challenge

### STEP 1: Choose to Live Healthy

- Form a team of 2-10 individuals.
- Team captain must have an e-mail address.

### STEP 2: Build Your Team

- Choose a team name. Get creative!
- Gather your team members' e-mail addresses & T-shirt sizes.

### STEP 3: Register Your Team

- The team captain will go to [www.livehealthycentralohio.org](http://www.livehealthycentralohio.org) to register his or her team.
- The entry fee is only \$20 per participant with **FREE** shipping!

### 100 DAYS to a HEALTHY YOU!

#### Each Participant Receives:

- ✓ Live Healthy Training T-Shirt
- ✓ A one-year magazine subscription to a national lifestyle magazine
- ✓ Personal online tracking page and journal
- ✓ Weekly emails to help you stay motivated to meet your goals
- ✓ Access to the wellness portal that includes: Daily Recording, Calorie Tracker, Meal Planner, Goal Tracking, Shopping Lists and Forums.

[www.livehealthycentralohio.org](http://www.livehealthycentralohio.org) | 888-282-0822 | [info@livehealthyamerica.org](mailto:info@livehealthyamerica.org)

**CHANGE YOUR CHOICES. CHANGE YOUR LIFE!**