What is Live Healthy Iowa?
The Live Healthy Iowa 100 Day Wellness Challenge is a fun, easy and affordable way to engage Iowans in healthy behaviors. This team-based physical activity, nutrition and weight loss program is designed to promote positive changes leading to a healthier lifestyle.

Since 2002, Live Healthy Iowa has helped over 150,000 participants lose 618,139 pounds and log over 26 million miles of activity!

How does Live Healthy Iowa work?
Friends, families, co-workers and/or community members form teams of 2-10 people and track physical activity and/or weight loss over 100 days. Participants report progress weekly through the program Web site - www.livehealthyiowa.org.

For only $20, each participant receives:
- Live Healthy Iowa T-shirt
- 1-year subscription to one of ten lifestyle magazines
- Everyday Coupon Book containing valuable discounts and health information
- Live Healthy Iowa Access Card with opportunities for wellness discounts across the state
- Weekly motivational emails containing physical activity, nutrition and recipe tips
- Personal online tracking page with access to a wide variety of online resources
- And More!!

How to get started!
It’s easy! Contact Live Healthy Iowa today. We will assist with all the details in making this turn-key wellness program work for you.

Contact Live Healthy Iowa for more information
info@livehealthyiowa.org or 888-777-8881 ext. 110