



Live Healthy IOWA

HEALTHY FAMILIES CHALLENGE

SEP 23 - NOV 1

Choose a healthy lifestyle for your family

REGISTRATION OPENS > AUG 19 | www.LiveHealthyIowa.org

NEW!! This 6-week challenge unites youth and adults in effort to educate and empower Iowa families to improve their nutrition and physical activity habits. Completing each of the weekly mini-challenges will earn families a \$5 Subway gift card and an opportunity to be included in prize drawings!

Cost: \$25 per family team

(For the purpose of this challenge, a family is defined as a group of people (2-10) residing together with at least one adult and one youth.)

Each family team receives:

- Team toolkit containing printed resources and activity tools
- Weekly email containing a motivational message, weekly lessons and challenges and a healthy recipe
- Access to a team tracking page on the LHI website
- Unlimited access to online recipes, workouts and health information
- Opportunities to earn team incentives and win prizes!

CONTACT US

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Live Healthy Iowa



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