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!

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