



TEAM UP AND JOIN THE CHALLENGE!



10 WEEKS TO
A HEALTHIER
HAPPIER YOU

10 WEEK WELLNESS CHALLENGE

01/27 -
04/04
2014

The 10 Week Wellness Challenge is a fun, inspirational way to make positive changes toward living a healthier and happier life! Invite co-workers to get active, lose weight and eat better! Team up and join the challenge!

1 TEAM UP

Step One

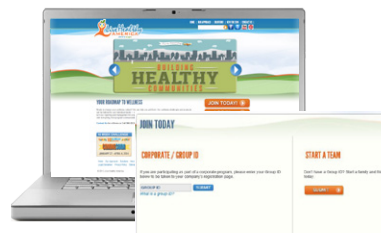
- Choose a Team Captain with a valid email address.
- Form a team of 2-10 individuals.
- Choose a team name. Get creative!
- Gather your team members' email addresses and t-shirt sizes.



2 REGISTER

Step Two

- **Registration opens:** January 13, 2014
- Team captain will go to www.livehealthynorthtexas.org to register your team.
- Enter your Group ID: LHDUTD
- The entry fee is \$20 per person with free shipping!



3 INCENTIVES

Step Three

- **Each participant receives:**
 - Live Healthy t-shirt.
 - 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.
 - Subscription to lifestyle magazine.