

Live Healthy CHILDREN'S 100 DAY WELLNESS CHALLENGE

JANUARY 23 - MAY 1, 2012

Get **Moving** Stay **Motivated**

The **Live Healthy Children's 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 Children's (LHC)** 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 co-workers, friends, or family.
- Team captain must be a Children's employee.

STEP 2: Build Your Team

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

STEP 3: Captains - Register Your Team

- The team captain will go to **www.livehealthychildrens.org** to register his or her team. Registration opens January 3rd!
- Enter the Group Registration ID, **LHCCHILDRENS**.
- Each team member pays the entry fee of only \$20 with FREE shipping!



LiveWell

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.

Children's Employees who complete the challenge will be reimbursed the entire entry fee!

See details at:
www.mylifeatchildren.com