

 **Live Healthy IOWA**  
**10 WEEK WELLNESS CHALLENGE**

JANUARY 9 - MARCH 17, 2023  
**TEAM UP, SIGN UP,  
GET UP & MOVE!**

Team up with friends, family, or co-workers and join thousands in Live Healthy Iowa's annual 10-Week Wellness Challenge! The unique team format, simple features, and friendly competition are a sure way to get you moving in 2023.

Throughout the challenge, the Live Healthy Iowa (LHI) community will be cheering you on as you work toward healthy goals and build new habits.

Your \$15 registration fee also includes a challenge T-shirt, access to a personal online dashboard, weekly motivational messages, complimentary subscription to *Fresh Pickings* magazine, and a \$10 discount on Live Healthy Iowa 5K registration.

*Gather your team and join us in January!*

To register with The University of Iowa, please use:  
**GROUP ID: LHIUIOWA      SUBSIDY CODE: 10W23-UIOWA**

**PROUD SPONSOR**



REGISTRATION  
OPENS DEC. 1 **LiveHealthy IOWA.org**

**liveWELL** inspires a culture of well-being and campus excellence, providing employees with the opportunity to thrive.