



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

**liveWELL™**



**JANUARY 8 - MARCH 15, 2024**

Team up with your University of Iowa coworkers and join thousands in Live Healthy Iowa's annual 10-Week Wellness Challenge! Over the course of the challenge, you will track your weekly physical activity minutes and compete against teams across the state while improving your health.

liveWELL is covering the registration fee for the first 1,000 UI employees that register for the 2024 challenge.

Gather a team of 2-10 coworkers and select a team captain. The team captain will register the team and each participant and pay using the group ID and subsidy code below. Your registration includes:

- Access to a personal online dashboard to track your physical activity minutes and receive weekly motivational messages
- Challenge T-shirt and complimentary subscription to *Fresh Pickings* magazine
- \$10 discount on Live Healthy Iowa 5K registration
- Chances to win prizes from Live Healthy Iowa

*\*Prize winners will be randomly selected from all participants who record at least once per week of the challenge.*

Throughout the challenge, you will receive communication from Live Healthy Iowa and liveWELL with tools and resources to support your movement efforts.

Registration is now open. Gather your team and join us in January!

→ USE THE GROUP ID and SUBSIDY CODE TO REGISTER YOUR TEAM:



**GROUP ID: LHIUIOWA      SUBSIDY CODE: 10W24-UIOWA**

**LiveHealthy IOWA.org**

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

**IOWA**

University  
Human Resources

→ [HR.UIOWA.EDU/EMPLOYEE-WELL-BEING](https://hr.uiowa.edu/employee-well-being)

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