



## JANUARY 20 – APRIL 29, 2011

The Live Healthy Iowa 100 Day Wellness Challenge is a fun, easy and affordable way to engage Iowans in healthy behaviors. This team-based physical activity, nutrition and weight loss program is designed to promote positive changes leading to a healthier lifestyle. Friends, families and co-workers form teams that track weight loss and/or minutes of activity.

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This year the City of Des Moines Wellness Committee is encouraging employees to sign up and take the Live Healthy Iowa Challenge. CITY OF DES MOINES EMPLOYEES ELIGIBLE FOR HEALTH INSURANCE AND THEIR SPOUSES CAN SIGN UP FOR THE CITY'S LIVE HEALTHY IOWA GROUP AND **THE WELLNESS COMMITTEE WILL PAY THE REGISTRATION FEE.**

To sign up as part of the City's Live Healthy Iowa group and have your registration fee paid:

1. Start a Team! Form a team of 2-10 people. Gather your team member's email addresses (team members do not need an email address but the team captain is required to have an email address) and t-shirt sizes. Choose a Team Name and Team Captain (team captain must have an email address).
2. If you do not have a team to join and would like to be part of a team please contact Heather Brady in Human Resources at 237-1307 or [hrbrady@dmgov.org](mailto:hrbrady@dmgov.org).
3. Go to [www.livehealthyiowa.org](http://www.livehealthyiowa.org) to register online
  - a. At the top of the page in the box labeled "Group Registration ID", enter **LHICDSM** and then click "GO"
  - b. This will pull up a registration page for City of Des Moines where you will register your team

*If it asks for payment you will need to return to the Live Healthy Iowa homepage and follow the above instructions from the beginning and be sure to enter in the City's Group ID.*

IN ADDITION TO THE FREE REGISTRATION, THE WELLNESS COMMITTEE WOULD LIKE TO CHALLENGE THE TEAMS TO BE MORE ACTIVE AND LOSE WEIGHT, SO WE ARE OFFERING **1 WELL DAY OFF\*** TO EACH EMPLOYEE MEMBER OF THE:

- **MOST ACTIVE TEAM** (team with most minutes of activity/team member)
- **BIGGEST LOSER TEAM** (team that loses the largest percentage of weight)

\*Well day off must be requested in advance and approved by the employee's supervisor

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To help you along your path to Living Healthy, each participant in the 100 Day Wellness Challenge receives:

- Live Healthy Iowa Training t-shirt
  - 1-year subscription to a lifestyle magazine
  - Live Healthy Iowa Access Card with opportunities for wellness discounts across the state
  - Weekly motivational emails containing physical activity, nutrition and recipe tips
  - Personal online tracking page with access to a wide variety of online resources
  - Opportunity to win monthly incentive prizes, such as: gift cards, calendars, photo frame magnets or stress balls
  - Chance to win a bike or a Caribbean Cruise for two
  - And more!
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If you have any questions please contact Heather Brady in Human Resources at 237-1307 or [hrbrady@dmgov.org](mailto:hrbrady@dmgov.org).