

Live Healthy NORTH TEXAS

700 N. Pearl St., Suite 1200, Dallas, TX, 75201 | 214.746.6623 | WWW.LIVEHEALTHYNORTHTEXAS.ORG



100 DAY WELLNESS CHALLENGE January 14 - April 23, 2010

Get your employees educated, motivated and activated towards a healthier lifestyle!

For Wellness Administrators

Live Healthy North Texas (LHNT) is here to assist you in initiating a results driven, easily administered, cost effective 100 Day Wellness Challenge for your employees. LHNT provides your company a private labeled wellness portal, customizable marketing materials, communication plans and account representatives to assist during your 100 Day Wellness Challenge. Live Healthy North Texas is a part of the national program, Live Healthy America.

For Employees

The LHNT 100 Day Wellness Challenge is a proven team-based physical activity, weight loss and nutrition program for all fitness levels designed to promote positive changes leading toward a healthier lifestyle.

How does Live Healthy North Texas work?

Co-workers form teams of 2-10 people that track physical activity and/or weight loss weekly at www.livehealthynorthtexas.org in a friendly, fun and motivating wellness challenge.

For only \$20, each participant receives:

- Live Healthy North Texas T-shirt
- 1-year subscription to one of ten lifestyle magazines
- Chances to win individual and team prizes throughout the 100 Day Challenge
- Weekly motivational emails containing physical activity, nutrition and recipe tips
- Personal online tracking page
- Unlimited access to a wide variety of online resources
- And more!

Change your choices. Change your life!

DALLAS REGIONAL CHAMBER®

**Over
223,000
Pounds Lost!**

**Over 122 Million
Minutes of
Activity Logged!**

**Team Up and Get
Involved!**

How to get started!

It's easy! Contact a Live Healthy North Texas representative or the Dallas Regional Chamber to assist you in initiating the 100 Day Wellness Challenge among your employees.

healthcare@dallaschamber.org

214-746-6623

or

info@livehealthyamerica.org

888-282-0822

Join the Challenge!