Wellbeing Update: Live Healthy Iowa

10-Week Wellness Challenge

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10-Week Wellness Challenge

• January 8 – March 15, 2024
• Team up with other University of Iowa coworkers
• Track weekly physical activity minutes
• Compete against other UI teams and teams across the state
Last Year

59 teams
411 participants

Over 1 million minutes logged

71% increased physical activity

76% improved well being
What’s Included

• 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
How to Register

• Gather a team of 2-10 people.
• Identify a team captain who will register the team using the group ID and subsidy code.
• Once registered, receive an email with registration information.

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

GROUP ID: LHIUIOWA    SUBSIDY CODE: 1OW24-UIOWA
Questions?