

liveWELL/UI Wellness

Wellbeing Update: Live Healthy Iowa

10-Week Wellness Challenge

Erica Blaha, Health Coach/Wellness Consultant, UI Wellness • Benefits Health & Productivity

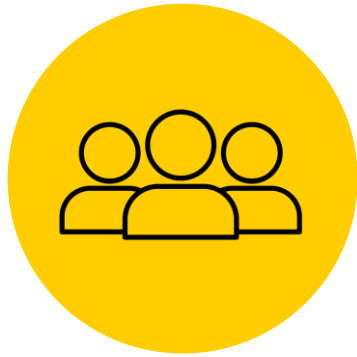
Erin Litton, Senior Director, UI Wellness • Benefits Health & Productivity

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: 10W24-UIOWA



Questions?

