Live Healthy Iowa at UNI!

10 Week Wellness Challenge

January 27 – April 4, 2014

Registration Fee: $20.00 per person

With the beginning of the New Year, you can join thousands of Iowans and the UNI Employee Wellness Committee by incorporating Live Healthy Iowa’s 10 Week Wellness Challenge into your resolutions for 2014. Making positive, healthy changes to your lifestyle, such as tracking minutes of physical activity and engaging in a team-based wellness challenge in order to improve your overall well-being, is the best kind of resolution you can make for yourself. Allow the UNI Employee Wellness program and Live Healthy Iowa to support you in maintaining your resolution to lead a healthier lifestyle.

The Live Healthy Iowa (LHI) 10 Week Wellness Challenge is a fun and engaging wellness challenge to encourage Iowans to make healthy choices. Thousands have participated and made positive, sustainable changes to live their lifestyle. Teams (2-10 individuals per team*) participate in friendly competition by tracking activity minutes and/or weight loss through the Live Healthy Iowa website over the course of ten weeks. *Friends and Family are welcome to join your team, however, would not be eligible for incentive prizes.

What is included with your registration for the Live Healthy Iowa 10 Week Wellness Challenge?

- Challenge T-Shirt
- Weekly activity, nutrition and recipe tips via e-mail
- A personal online tracking page
- Unlimited access to healthy recipes, health tips and more
- Opportunities to win individual prizes and team incentives
- One-year subscription to a lifestyle magazine
- Discounted registration to Live Healthy Iowa 5K challenge finale event
- Free registration to Winter and Summer Iowa Games Fitness Walks and Zumba®

Get started today!

Step 1: Form a team, choose a team name, and elect a team captain. Then, gather all team members’ email addresses and t-shirt sizes. Registration is $20 per participant.

Step 2: The team captain will register your team under the Minutes of Physical Activity Division, the Weight Loss Division, or both divisions. Visit www.livehealthyiowa.org/ to complete team registration.

- Please register your team under the Group ID: LHIUNI
Tracking Activity Minutes and Weight Loss

Individuals track and record minutes of activity and/or weight loss, which is used to calculate your team's total activity minutes and percentage of weight loss.

For the Minutes of Physical Activity Division, each team member reports the number of minutes they are physically active. Activity minutes recorded should be a result of intentional physical activity, rather than just daily activity. For example, walking to the elevator does not count but intentionally taking the stairs instead of the elevator does count. The goal of the challenge is to increase the time you spend being physically active each day.

For the Weight Loss Division, teams are assessed based on the combined weight of all members. Individuals can report their weight online or have their captain submit it for them. Weight should be recorded in whole numbers; it is not necessary to include decimals. Team totals are viewed as percentage lost or gained. Individual weights are only viewable by that individual.

UNI Employee Wellness Incentive Opportunities

UNI Employee Wellness will draw for incentive prizes at the end of weeks three, six, and ten. In order to be eligible for a prize drawing, all team members must record their daily activity minutes and/or weight loss information by Friday of each week. Teams that have one or more participants not recording information will not be eligible for prize drawings.

UNI Employee Wellness Fitbit Zip Activity Tracking Device Program

New for the 2014 Live Healthy Iowa 10 Week Wellness Challenge

Employees have the opportunity to check out a Fitbit Zip Activity Tracking Device through UNI Employee Wellness to assist in tracking activity and setting wellness goals during the Live Healthy Iowa 10 Week Wellness Challenge. This is the first year that Live Healthy Iowa is including a component that uses electronic devices and apps in the challenge, including the Fitbit mobile app. There are a limited number of Fitbit Zips available, so they will be distributed to employees on a first come, first served basis. Please express interest in this component of the LHI 10 Week Wellness Challenge at UNI by completing the Fitbit Zip form. To learn more about this device or to find out how you can check one out in the future, please contact Kari Lien at lienk@uni.edu.

Participants can learn more about the 10 Week Wellness Challenge by registering for a Participant Webinar or a Team Captain Webinar. If you would like more information, please contact therese.callaghan@uni.edu or lienk@uni.edu.

Get your team together today!