Live Healthy Iowa @ UNI!

Burst Your Thirst Challenge
June 16 – July 25, 2014
Cost: $8/per participant

Join thousands of Iowans in the Live Healthy Iowa Burst Your Thirst hydration and physical activity challenge!

Overview
Over the course of 6 weeks, teams (2-10 employees) compete in a web-based competition tracking water consumption and minutes of physical activity. Each member will report their weekly total in an effort to accumulate points and move their team up in the challenge leader board.

Participants will receive:
- Live Healthy Iowa Burst Your Thirst water bottle
- Weekly email containing hydration tips, healthy recipes and fun summer activity ideas
- Personal tracking page on the Live Healthy Iowa website
- Unlimited access to recipes, videos, workouts and health information on the Live Healthy Iowa website
- Opportunities to win prizes and incentives!

Get Started Today!
Step 1: Form a team (2-10 people) and elect a team captain. Select a team name and gather all team members’ email addresses and the $8 registration fee.

Step 2: The team captain will register the team at www.livehealthyiowa.org – click “Join Today”. All teams must register by June 16. Please register your team under the Group ID: LHIUNI

Step 3: Log on to www.livehealthyiowa.org to track progress throughout the 6 week challenge in order to be eligible for prizes and incentives!

Why Drink Water?
Did you know that every system in your body depends on water? For more information on the benefits of drinking water, read Mayo Clinic’s recommendations.

UNI Employee Wellness Incentive
The first 75 employees who register for the Live Healthy Iowa Burst your Thirst challenge will receive a UNI Employee Wellness Camelbak water bottle.

UNI Employee Wellness Fitbit Zip Check-Out Program
Employees have the opportunity to check out a Fitbit Zip Activity Tracking Device* to assist in tracking activity and setting wellness goals during the challenge. The first 30 UNI employees registered have the first chance to check out a Fitbit Zip for the 6 week competition and will be contacted by UNI Employee Wellness. *One of Live Healthy Iowa’s new features for 2014 is the ability to sync information with the Fitbit App, along with numerous other mobile apps!

If you have questions, please contact therese.callaghan@uni.edu or lienk@uni.edu.