How does it work?
Teams of 2-10 Iowans compete in a web-based competition tracking water consumption and minutes of physical activity. Each team member will report their weekly total in effort to accumulate points and move their team up the challenge leaderboard.

For $10, each participant will receive:
• Live Healthy Iowa Burst Your Thirst water bottle
• Weekly email with 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 team incentives and individual prizes

REGISTER BY MAY 30
Teams registered by May 30 will receive their water bottles on or before June 13. Water bottles will be shipped to each team captain for distribution to team members.

How do I get started?
Go to www.livehealthyiowa.org, click JOIN TODAY! Registration open through June 19!

Connect with us:
888.777.8881 info@livehealthyiowa.org

#LiveHealthy #BurstYourThirst