

2019 Challenges and Events

10 WEEK WELLNESS CHALLENGE

January 14-March 22

- Adult Team Challenge
- Tracking activity and/or weight loss
- \$22 per person

Registration open Dec 3-Jan 28
www.livehealthyiowa.org

STRUT YOUR PUP CHALLENGE

April 15-May 24

- Adult/Dog Challenge
- Tracking activity (walk, run, play)
- \$8 per adult/dog team

Registration open Mar 18-Apr 22
www.livehealthyiowa.org

BURST YOUR THIRST CHALLENGE

June 10-July 19

- Adult Team Challenge
- Tracking activity and hydration (ounces)
- \$10 per person

Registration open May 13-Jun 17
www.livehealthyiowa.org

THE NEXT STEP CHALLENGE

September 9-October 18

- Adult Team Challenge
- Tracking activity (Steps)
- \$10 per person

Registration open Aug 12-Sep 16
www.livehealthyiowa.org

LIVE HEALTHY IOWA 5K SPONSORED BY THE IOWA HAWKEYES

April 13

- 5K run/walk and 1K kid's run
- Hosted in communities across the state
- \$10 discount for 10 Week Wellness Challenge Participants
- \$20/\$25 - 5K, \$5 - Kid's run

Online registration open Jan 14
www.livehealthyiowa5K.org

LHI KIDS TRACK CHAMPIONSHIPS SPONSORED BY SPAHN & ROSE LUMBER CO.

April-May, June

- Ages 7-14
- Qualifying meets across Iowa-Apr/May
- State meet in Marshalltown - June
- FREE

www.livehealthyiowakidstrack.org

GO THE DISTANCE MAY

May 1-31

- For schools and youth organizations
- One-day event to get kids active
- FREE

Registration open Mar 19-May 31
www.livehealthyiowakids.org

FALL FITNESS DAY

October 2

- In collaboration with the Healthiest State Walk
- For schools and youth organizations
- FREE

Registration open Aug 1-Oct 2
www.iowahealthieststate.org



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