

GET FIT DEWITT - 2017



Get Fit DeWitt is coming back for a 10th year. The wellness program begins on January 23rd and runs through March 31st. Registration opens December 19th. Captains, get your teams ready.

This health and wellness program is part of the Live Healthy Iowa program to make Iowa the healthiest state in the nation. **This year, the program will again be 10 weeks, not 100 days.** All registration will be done online again this year. To sign up, follow the simple steps below.

Go To www.livehealthyiowa.org

Click on Join Today

****In the Group ID box captains will enter LHIDEWITT****

This gets you in our local program. Not entering LHIDEWITT puts you in the basic state run program.

Cost of the program is \$20

All Payments will be made online.

Team captain will sign up their team (up to 10 people) with 1 credit / debit card

At the time of registration, the captain will need to have:

Team Name, Email address for each team member, T-shirt size for each team member

It is advised to collect the money from each team member ahead of time

Again this year, the DeWitt Fitness Center will offer a discount membership for participants. This year, it will be a **10 week membership for \$100**. This special Membership is only available to those that participate in the program. The membership will run January 23 – April 3.

Round up your friends, family, coworkers and neighbors and get ready to live healthy. *Cost: \$20 per participant*

Over the course of 10 weeks, teams (2-10 people) track activity minutes and/or weight loss through the Live Healthy Iowa website. This simple and affordable challenge provides Iowans an opportunity to improve their health while engaging in fun, friendly competition.

Participants receive:

- Challenge T-shirt
 - Personal online dashboard
 - One-year magazine subscription
 - Weekly motivational emails
 - \$10 discount for statewide LHI 5K events
 - Chances to win weekly prizes*
 - Unlimited access to resources on the LHI website
 - LHI Access Card redeemable for "healthy" discounts across Iowa
 - Free registration for Winter and Summer Iowa Games Fitness Walks and ZUMBA events
- *Prize winners will be randomly selected from all participants who record progress each week of the challenge.

Again this year, we will be offering a **Live Healthy Iowa 5K** on Saturday, April 8th. The DeWitt Running Club has graciously agreed to coordinate this event. They will be putting together a "Couch to 5K" program. Details will be available soon.

For more information, please contact Kevin at the DeWitt Fitness Center (659-5127)

Sign up today.