

Milpitas Sports Center's "Live Healthy, Milpitas!"

LiveHealthy AMERICA

10 WEEK
WELLNESS
CHALLENGE

February 2 - April 6, 2014

*Milpitas Sports Center
1325 E. Calaveras Blvd.*

Are you ready for the Live Healthy Milpitas Lifestyle Challenge? It's how people across the country are learning to make healthy choices when it comes to their lifestyle! Each week, you will be answering questions about your lifestyle habits. As a participant, you earn points based on your healthy responses that will increase your team ranking and your team's eligibility to win incentives. It can be challenging to make healthy changes alone, so with the support of your team and Team Live Healthy, changing your choices can change your life!

Team Up & Get Started!

- Form a team of 2-10 individuals.
- Team captain must have an e-mail address.
- Choose a team name. Get creative!

Get Stuff!

- Weekly emails with helpful and motivating tips!
- Food lists, shopping choices and recipes.
- Ideas for positive changes to your everyday life!



More coming on inter-team competitions and kick off event! For more information contact the Milpitas Sports Center at (408) 586-3225.