



## Vol III #1

### Live Healthy Iowa: 100 Day Wellness Challenge January 23 - May 1

There is still time to sign up and be part of the Senior Olympic team for the 100 Day Wellness Challenge. This is a wonderful opportunity to join others who are working to improve their health, increase activity, lose some weight and get a head start on the Iowa Senior Olympic Games in June. Think of the personal records you will set this year if you are stronger, leaner and faster when you show up in West Des Moines this summer.

The idea of the 100 Day Challenge fits directly into the Iowa Senior Olympics goals of improving wellness, competition and having fun. We have people who have already joined the Senior Olympic Team. The Board of Directors for the Iowa Senior Olympics also wants to set the tone and be part of the 100 Day Challenge. They have formed one of the Senior Olympic teams and invite you to join them. You can recruit friends (they don't have to be seniors) or challenge your brother or sister to be part of the fun. If you want to be part of this great project, e-mail [lynns@wdmcs.org](mailto:lynns@wdmcs.org) with your name and shirt size and we will enroll you as part of the Senior Olympic team. Your name and information will not be listed for others to see but you will see how your team is doing compared to the 100s of other teams in the Challenge.

The entry fee is \$15 for the Senior Olympic Team. For this you will receive:

- T-Shirt
- 1 Year subscription to your choice of Better Homes & Gardens, Diabetic Living, Eating Well, Family Circle, Fitness Magazine or Ladies Home Journal
- Unlimited access to recipes, workouts and health information
- Personal tracking page
- Weekly motivational emails.
- Plus the chance to compare your progress with others.

Once we receive your information you will be entered into the program and receive your own personal access code. You can then mail your \$15 fee to Iowa Senior Olympics; 3550 Mills Civic Parkway; West Des Moines, IA 50265.

### Schedule Update

The 100 Day Challenge is part of Live Healthy Iowa and the Iowa Sports Foundation (Iowa Games). Our organizations share common goals of wellness, competition and enjoyment. We will be working together in several projects to promote opportunities for all of us. An example of this is the chance to offer all of the events for the National Senior Games by co-hosting several events. The Triathlon, July 8; Archery, July 14-15; and Cycling Road Race;

July 15 are all events which are hosted by the Iowa Games but certified by the Iowa Senior Olympics so that you can qualify for the National Games in Cleveland in 2013.

Other new events this year are the Frisbee Accuracy Throw and Power Walk competition. Check out the attached schedule for the revised dates and times. This is still a tentative schedule.

### **Hall of Fame Nomination**

One of the highlights every year at the Iowa Senior Olympics is the Hall of Fame banquet. If you have someone who you believe should be considered for the Hall of Fame please e-mail [lynns@wdmcs.org](mailto:lynns@wdmcs.org) or call Steve Lynn at (515)633-5011 and he will get you a nomination form.

**[See the attached file for more pictures from the 2011 Games.](#)**