



Vol. II #12

Start your New Year with a Wellness Program.

2011 was an outstanding year for the Iowa Senior Olympics. You helped us celebrate 25 years of competition, health and wellness opportunities and making friends for everyone 50 and over. As we enter our second 25 years we look forward to seeing all of you at our Championships in June and to providing more opportunities for you to compete and improve your health throughout the year.

We want to invite you to join the Senior Olympics in being part of the Live Healthy Iowa, 100 Day Wellness Challenge. This program is a unique opportunity for you to be part of an Iowa Senior Olympic "Team" in the Wellness Challenge. Many people have made a New Year's Resolution of losing weight or getting in shape. This is a way to have teammates who have the same goals. You will be able to track how you, your teammates and others are doing with your goals. It isn't just about losing weight. Many of you are already in good shape. It is also about keeping track of exercise minutes, having access to exercise programs and diet ideas. At the same time you have the motivation of trying to reach your goal along with teammates.

In this program we will form a team, or several teams, of individuals who, like you, are part of the Iowa Senior Olympics. You don't have to be an Iowan to take part in the program. There is a \$15 fee to take part in the program. For this fee you will receive:

- A Challenge T-shirt
- Weekly e-mails
- A personal tracking page where you can make entries and also follow progress
- Access to recipes, workouts and Health information.
- Plus more.

I have attached a PDF which tells more about the program. Here is the link to the Live Healthy Iowa website which has additional information. <http://www.livehealthyiowa.org/>

We invite you to join us and be part of **Team Senior Olympics**. If you are interested, please e-mail me at srlynn@wdmcs.org. I will follow-up to get you more information and get you signed up. **The 100 Day Challenge starts on January 23 and runs through May 1.** Contact me now and use this as your start in preparing to set all kinds of personal records at this year's Iowa Senior Olympic Games, June 14 – 17.

VIDEO OF THE 2011 GAMES:

Brandon Fuller is a film producer out of Austin, Texas. He was home visiting his mother last June when he heard about the Senior Olympics. It sounded like a great project to him so he contacted us about coming and shooting a video. Go to:

<http://www.youtube.com/watch?v=PQIYpn5GVuw&feature=context&context=G2593979AUAAAAAAAAAA>

to check out the final results of the project. If the link does not open when you click on it, highlight the entire address and copy it to your website address window. If any of you have video you would like to share, we do not expect it to be professional quality. Let me know and we will post it on our You Tube page.

Thank You to all our Great Sponsors:

Platinum Sponsors



WDMCS
community
education



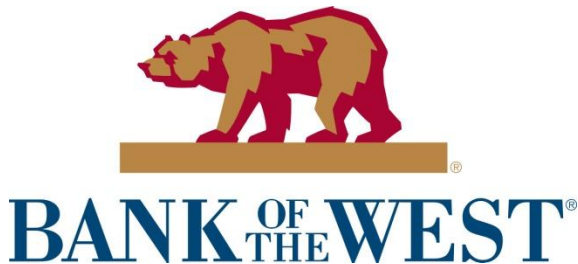
Gold Sponsors



Silver Sponsors



Care Initiatives





Bronze Sponsors



