

How many miles can local residents walk or run in 100 Days? How much total weight can citizens of our community lose in the same amount of time? We're about to find out.

Live Healthy Grant, a new 100-day team wellness challenge starts on Thursday, Jan. 14. Information is available now at LiveHealthyNebraska.org. The program focuses on healthy weight loss and/or increased physical activity in a team setting.

Teams of 2-10 people receive weekly motivational/educational tips to guide them toward healthier nutrition and physical activity habits. The participants periodically log their progress, measured in minutes of physical activity and percentage of weight-loss, and can compare their results on a leaderboard. The leaderboard is sortable by state, ZIP code, company and department to encourage local challenges.

Each participant receives a training T-shirt, an annual subscription to a healthy lifestyle magazine and access to daily nutrition and workout planners. The cost is \$20 per person. However, the first 30,000 registrants can receive \$5 off their entry with a coupon available at Hy-Vee.com. The first 30,000 will also receive a coupon booklet worth \$50 in discounts at Hy-Vee stores.

In addition, there are thousands of incentive prizes and coupons to be distributed to teams just for logging their progress.

For more information or to begin enrolling teams, go to www.livehealthynebraska.org