



BURST YOUR THIRST

June 8 - July 17, 2020

Join Live Healthy Iowa in this fun, summer challenge encouraging healthy hydration habits and physical activity routines. The flexible format and friendly team-based approach will keep you motivated and accountable.

Throughout the six-week event, teams (2-10 people) across Iowa engage in friendly competition tracking water consumption and activity minutes. This challenge is the perfect way to stay active and hydrated this summer!

Participants receive:

- Live Healthy Iowa water bottle
- Personal online dashboard with the ability to sync apps and devices
- Access to online tools and resources
- Weekly motivational emails with helpful tips and healthy ideas



"This challenge inspired me to drink more water and cut out soda. It also made me more aware of my daily activity and prompted me to move!"



The Corridor Corporate Games is proud to partner with Live Healthy Iowa to provide this challenge at no cost to eligible employees of participating companies. Registered participants can earn company points while improving their health!

GROUP ID:

SUBSIDY CODE:

Teams must be registered by June 1 to be guaranteed a water bottle. Water bottles will be distributed at the Nature Walk on Saturday, June 6.

Registration opens May 4 **CORRIDOR CORPORATE GAMES.ORG/BurstYourThirst**

Water Bottle Sponsor



Supported By



IOWA STATE UNIVERSITY
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Connect With Us

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