

# LIVE HEALTHY NORTHWEST IOWA

*An extension of the Live Healthy Iowa Program | Formerly Live Healthy Sheldon*

Registration opens **Tuesday, December 1, 2020**  
Early bird registration deadline is **January 5, 2021**  
Registration deadline is **January 11, 2021**  
Competition runs **January 11 - March 19, 2021**

## Program Overview

Anyone 18-years of age and older can formulate a team. All teams will consist of 2-10 people, with all teams eligible to enter one or both divisions for the same entry fee.

Join thousands of Iowans in Live Healthy Iowa's 10 Week Wellness Challenge. This local take on the challenge is a simple and affordable challenge providing you an opportunity to improve your health while engaging in a fun, friendly competition.

Over the course of 10 weeks, teams track activity minutes and/or weight loss through the Live Healthy Iowa website. Each team member has a personal online dashboard to report and monitor progress and access valuable resources.

Teams may register in the Minutes of Activity Division, the Weight Loss Division or both. In either case, individuals track or record minutes of activity and/or weight loss which is used to calculate a team's percentage weight loss and average activity minutes. Friendly competition among teams is encouraged.

## Weight Loss Division

*Weight Loss Calculated as Total % Loss by the Team as compared to Initial Total Weight*

Please note that those who are currently pregnant but with due dates during the course of the competition, and those scheduled to have gastric bypass or other weight loss surgery during the course of the competition, are welcome to participate but ineligible for cash prizes for the weight loss division.

## Minutes of Activity Division

*Total number of minutes divided by the number of people on a given team*

In an attempt to be fair and consistent, this division will have the following parameters for the Live Healthy Northwest Iowa competitors: includes 5 minutes or more of continuous activity, such as stretching, strengthening and/or cardiovascular exercise, participation in recreational/ sports activities where you keep moving the whole time and thus elevate your heart rate above resting, minutes spent doing active outdoor work such as shoveling snow or pushing the lawnmower. This does not include minutes of activity as part of your normal workday with the exception of exercise done during breaks/lunch. This also does not include doing basic household chores.

For further clarification please contact Janice Wielenga ([janicewielenga@nwicc.edu](mailto:janicewielenga@nwicc.edu)) or Greta Giese ([ggiese@nwicc.edu](mailto:ggiese@nwicc.edu)), who will be the ultimate “judges” for the Live Healthy Northwest Iowa competition.

## How to Participate

Get enrollment information at the LLRC or online at [www.nwicc.edu/llrc](http://www.nwicc.edu/llrc).

Recruit your team members and establish a team name (members of your team must be 18 years old or older). Teams must consist of 2-10 individuals (including team captain).

Designate a team captain (this person will be responsible for gathering activity minutes sheets and encouraging members to weigh in routinely, as well as entering information online for the statewide Live Healthy Iowa competition).

**Turn in all team entry forms and fees together to the LLRC or register your team online at [https://llrc.activityreg.com/ClientPage\\_t2.wcs](https://llrc.activityreg.com/ClientPage_t2.wcs).**

The deadline to register for Live Healthy Northwest Iowa is **January 11** (Jan. 11 is the initial screening date and the first day of competition), although you are encouraged to enroll early (early bird rate ends January 5). No late forms, roster changes or late registration payments will be accepted after the deadline.

## Team Roster

Every person on your team roster must participate in the same division(s) of competition.

(i.e. If some members are interested in 'weight loss' and others 'activity minutes' you would need to sign all teammates up for both divisions)

Changes in your team roster made after the competition begins can only occur with prior approval from the LLRC Director.

## Team Captain

A team captain must be designated, and the Team Captain will be responsible to get all required information for initial enrollment AND ongoing tracking information submitted by the required deadlines, in order to be eligible for any prizes at the completion of the competition.

In addition, this person will be responsible for the initial enrollment of all teammates on the 'Live Healthy Iowa' statewide website or to inform teammates how to enter their own information on the website. The information needed to enter your team information on the state website is

Group ID: LHINILLRC

Subsidy Code: 10W21-NILLRC

## Team Captain Registration Instructions

Team captains must follow these steps to register their team on the statewide Live Healthy Iowa website.

1. Go to [www.livehealthyiowa.org](http://www.livehealthyiowa.org) and click the "Join Today" button.
2. Enter the LLRC's Group ID (see above).
3. Enter your Team Name (just as it was with your Live Healthy Northwest Iowa registration) and enter the number of members you are registering.

4. Select the division(s) the team will participate in - activity minutes, weight loss, or both.
5. Enter the Team Captain's first name, last name, email address, and a complete mailing address where the team packet will be sent.
6. Select "yes" if the captain will be a participating member of the team. For Live Healthy Northwest Iowa, team captains must be part of the team they are leading - some other organizations allow individuals to be the team captain for more than one team.
7. Enter the first name, last name, and email address for each team member. If a team member does not have an email address or is sharing an email address with another participant, leave this field blank. The email address entered in this step will be used as the username and may not be the same as another person.
8. Enter the t-shirt size (or select "none") for each team member and click "Next".
9. In the next step, you will enter the LLRC's Subsidy Code (see above). Enter our assigned Subsidy Code and select "Yes" for each team member. This is how you ensure that you do not get charged again - you've already paid the LLRC and do not need to pay again!
10. Click "Next" and then review your team information for accuracy.
11. Click "submit". You should not have to pay any remaining balance if you entered the LLRC's Subsidy Code correctly in the previous step(s).
12. That's it! You and your team are registered on the statewide Live Healthy Iowa website. You will receive a confirmation email with the instructions needed to access your Live Healthy Iowa dashboard. Each of your team members will also receive an email with their login information.
13. If an email address was not entered for a team member, please contact Live Healthy Iowa at (888) 777-8881.
14. If any of your team members do not receive an email confirmation, please contact Live Healthy Iowa at (888) 777-8881.

## State Reporting

Please note that Team Captains/team members will be responsible for all on-line recording of information for their teams on the Live Healthy Iowa website. You can ask for help if you have trouble accessing the website for data entry. Note that there are different reporting deadlines for State prize eligibility, and it is your Team Captain's and/or team members' responsibility to keep up on this.

## Cost for Participation

Non-members:

\$44/individual if registered by 5:00 pm on January 5

\$54/individual after January 5 until January 11 deadline

LLRC Members:

\$29/individual by 5:00 pm January 5

\$39/individual after January 5 until January 11 deadline

## Program Perks

Enrollment in the 'Live Healthy Iowa' Program, making you eligible for more prizes and resources.

Initial and Final Weigh-Ins for all participants

Initial and Final Weight-Ins can include free Body Composition readings if desired  
– a \$10 per reading value!

Periodic prizes and incentives for all participants including but not limited to Subway Gift Cards, small fitness equipment, apparel, grocery store gifts cards, etc...

A free 16-punch card - good for use of the LLRC to utilize the equipment and for participation in group fitness classes (punch card expires on March 31, 2020).

*A \$59 value!*

Prizes awarded to top two teams in Minutes of Activity Division, top two teams in Weight Loss Division, individual overall winner in Minutes of Activity Division, individual overall winner in Weight Loss Division.

Prizes include cash prizes, LLRC gift certificates, gift cards to local merchants, healthy foods/snacks, fitness technology and equipment, and much more!

There is no double-dipping for prizes – if you win as part of a team, you can't also win an individual prize.

## Important Dates to Remember

**Initial Team Roster Deadline: 9:00 pm on January 11** turned into the LLRC along with entry fees.

*Early sign-up is encouraged so that your teammates have all the information BEFORE the competition starts!*

## Important Dates to Remember for Weight Loss Division

*Weight Loss participants must participate in at least the initial and final screenings to be eligible for prize money. Participants are encouraged to weigh-in on their own any time throughout the competition, but an official recording will be done on the mandatory weigh-in dates only.*

**Initial Weigh-In Date: Monday, January 11** *Mandatory for Weight Loss participants*

By appointment only. Participants must make an appointment in advance by using our scheduling tool at <https://calendly.com/llrctrainer/live-healthy-weigh-in> or by emailing Janice at [janicewielenga@nwicc.edu](mailto:janicewielenga@nwicc.edu).

**Final Weigh-In Date: Friday, March 19** *Mandatory for Weight Loss participants*

By appointment only. Participants must make an appointment in advance by using our scheduling tool at <https://calendly.com/llrctrainer/live-healthy-weigh-in> or by emailing Janice at [janicewielenga@nwicc.edu](mailto:janicewielenga@nwicc.edu).

In the event that you are truly unable to schedule a time during one of the mandatory weigh-ins but want to participate, you can arrange for an alternate weigh-in date/time by contacting Janice Wielenga, in advance, at [janicewielenga@nwicc.edu](mailto:janicewielenga@nwicc.edu). This will be granted on a case-by-case basis.

## Important Dates to Remember for Minutes of Activity Division

**Minutes of Activity must be up to date on the following dates: February 15 and March 8.**

**Final Activity Minutes Reporting: Friday, March 19 at 11:59 PM online.**

All minutes must be entered online by participants and/or captains. The detailed information regarding online reporting will be distributed at the beginning of the program.

If you do not have access to a computer or the internet, you can request to have your Team Captain enter your minutes. Or you can request to have LLRC staff enter your minutes – but *these requests must be made by 5:00 PM on January 11.*

## Contact Us

You can contact the LLRC about the Live Healthy Northwest Iowa program by calling the LLRC at (712) 324-2493. And you can email us at [llrc@nwicc.edu](mailto:llrc@nwicc.edu), [janicewielenga@nwicc.edu](mailto:janicewielenga@nwicc.edu), or [ggiese@nwicc.edu](mailto:ggiese@nwicc.edu).

*We do not take registrations via email.*

Registrations can be completed at the LLRC or online at [https://llrc.activityreg.com/ClientPage\\_t2.wcs](https://llrc.activityreg.com/ClientPage_t2.wcs) and payment must be made at the time of registration.