



## Sign up

Register online between June 29<sup>th</sup> and July 19<sup>th</sup> 2009. To register, visit [www.kingcounty.gov/LiveWellChallenge](http://www.kingcounty.gov/LiveWellChallenge). **All registrations must be completed online.** Call 206-263-7333 for assistance.

### Rules of the Game

1. You must have computer access to play.
2. Register between June 29 and July 19, 2009. **No late registrations are allowed.**
3. The Live Well Challenge officially begins on July 20, 2009 and ends on August 30, 2009.
4. Traditional Teams must have 3–10 members, including one Team Captain. All team members must be King County employees (anyone who receives a King County paycheck).
5. Couples Teams consist of 2 people, a King County employee and their spartner. Only spartners who are covered by King County health benefits are eligible to play.
6. Participants may withdraw from the Challenge before the event, but not after the July 20th 2009 start date.
7. To be eligible for weekly awards and prizes, participants must record the previous week's activity online by 11:59 pm on Tuesday.

**More rules are available online at:**  
[www.kingcounty.gov/LiveWellChallenge](http://www.kingcounty.gov/LiveWellChallenge)

## About us

### Health Reform Initiative

The Health Reform Initiative was started in 2005 to improve the health of King County employees and their families, and to reduce the rising trend in health care costs.

The Health Reform Initiative is an integrated approach to improve employee access to tools and resources that promote health and foster a healthy workplace. Components of the Health Reform Initiative include the Healthy Incentives<sup>SM</sup> Program; the Eat Smart, Move More, Stress Less, Quit Tobacco and Choose Well programs; the onsite Flu Shot program; and the Live Well Challenge.

### Questions?

Contact us at 206-263-7333 or email [livewellchallenge@kingcounty.gov](mailto:livewellchallenge@kingcounty.gov)

Online:  
[www.kingcounty.gov/LiveWellChallenge](http://www.kingcounty.gov/LiveWellChallenge)



4th Annual



Join a team



Choose a focus



Win prizes



Have fun



Be healthy

## What



The Live Well Challenge is an annual team-based event. You and your teammates compete for points.

Earn points for:

- Healthy behaviors associated with your selected focus area—Eat Smart or Move More
- Meeting national recommendations.
- Completing “extra credit” activities.

Not an athlete? No problem! The Challenge offers something for everyone.

### What's new

- **New team categories.** This year you can choose to participate with your coworkers on a Traditional Team (3-10 employees) or with your spouse/domestic partner (spartner) on a Couples Team.
- **Record activity, not points.** Instead of entering points each week, simply record your activity online. Your points will be automatically calculated.
- **Team members enter their own activity.** No more sending your points to your Team Captain. Just log in at least once each week to record your own activity.

## When



**Registration:** Live Well Challenge registration opens June 29th and closes July 19th, 2009. You must register online. Due to programming changes this year, **no late registrations can be accepted.**

**Event:** The Live Well Challenge officially begins on July 20th and ends on August 30th, 2009. That's six weeks of fun, friendly, healthy competition!

### Why

1. **It's fun.** The Live Well Challenge is a fun, informative way to learn how to improve your health. It's also a great way to keep the momentum going after you finish your individual action plan.
2. **It's motivating.** The team spirit and friendly competition can help keep you motivated to meet national guidelines for nutrition and physical activity.
3. **It's flexible.** You choose the activities you want to participate in. Ate three servings of veggies? Walked for 30 minutes? It all counts!
4. **It's about health.** The Challenge can help you make changes that will improve your overall health and wellness.

## Other Details

**Teams and Team Captains:** Create a team with your coworkers (3-10 person Traditional Team) or with your spartner (2 person Couples Team). Team Captains go the extra mile to support and encourage team members.

**Earning points:** Pick a focus area (either Eat Smart or Move More) and earn points for participating in a variety of activities. You choose the activities that appeal to you. For a complete list, visit the Live Well Challenge Web site.

**Reporting points:** Each team member tracks his/her activity. Just log in at least once each week to record your activity. The Challenge staff will publish the weekly team standings online.

**Prize categories:** Prizes are awarded for a variety of activities. Earn a prize for best team photo, most points that week, most improved team, most inspirational Team Captain, etc. The grand prize goes to the team with the most points over the duration of the event. For all points-based prizes, points are averaged among team members.

