



## NEWS RELEASE



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### LiveWell 2010 Challenge: Registration Is Now Open

Make 2010 the year you put it all together!

Registration for the 5<sup>th</sup> annual LiveWell Challenge, *Putting It All Together*, is now open and is just in time for those New Years' resolutions! The challenge is FREE for Mesa County residents of all ages. Register today to take full advantage of resources and prizes, and to ensure a healthy start to the new year! To register visit the NEW website, [www.livewell.org](http://www.livewell.org) or call 683-6612 for more information.

Sarah Elliott, the LiveWell Coordinator, states, "Resolutions are great, but if you don't have a plan, they probably won't last. 30% of all new years' resolutions are broken within the first week, but LiveWell can help you avoid this trend by tracking your goals and providing a support system to hold you accountable. LiveWell is a local, comprehensive wellness program designed to give you the tools, support, and motivation you need to succeed!"

LiveWell members participate in six, two-month challenges throughout the year. Members receive a 2010 calendar to set and track goals; the calendar also includes helpful tips, inspiring quotes, dates for local activities, and more! Participants will also enjoy discounts on healthy purchases, receive monthly newsletters and updates on local activities, and have the opportunity to earn prizes.

LiveWell includes the following components of wellness, which are all connected and important for good health:

- 1) *Physical*: Getting regular physical activity and good nutrition
- 2) *Social*: Having nourishing, encouraging, & satisfying relationships
- 3) *Intellectual*: Engaging in creative and stimulating mental activities to expand your knowledge & skills
- 4) *Financial*: How well you manage your money & belongings
- 5) *Environmental*: Realizing & accepting the impact you have on our world & doing something about it
- 6) *Occupational*: Finding rewards/enjoyment in your work
- 7) *Emotional/Spiritual*: Feeling positive & enthusiastic about yourself & your purpose in life

LiveWell is also excited to unveil their new office at the Mesa State College Recreation Center. Everyone is invited to visit them at the Open House January 8<sup>th</sup> from 4:00pm-8:00pm. The new pool, recreation center, and gym will be open to guests, and onsite LiveWell registration will be available.

#### **LiveWell: The Choice of Mesa County**

**Mission:** To improve our community by inspiring and providing healthy choices.