

Register a team with Live Healthy Nebraska to begin a 100-day program toward better health.

By Jan Rahn

Managing Editor

Registration begins on Tuesday, Dec. 15 for *Live Healthy Nebraska*, a competitive weight-loss program similar to the former N-Lighten Nebraska promoting a healthy and active lifestyle.

The *Live Healthy Nebraska* program is a 100-day challenge from Jan. 14-April 23, 2010.

Teams can be formed with as few as two people up to 10, made up of friends, families and coworkers.

Each team gets to choose a name and a team captain and report progress on a weekly basis through the *Live Healthy Nebraska* website.

The challenge of the team-based weight loss and physical activity program will assist with creating positive changes toward a healthier lifestyle.

Participants in the 100-day challenge will receive a training t-shirt, access to the living healthy resource page, weekly tips about activity and nutrition via email, chances to win prizes, personalized meal plans, customized workouts, and more.

Team participants support and motivate each other throughout the challenge and benefit from online daily journaling, charts and information.

Start gathering team members and get going on making some healthy lifestyle changes in the coming year.

Registration opens Dec. 15 online www.livehealthynebraska.org

Live Healthy Nebraska is a 501(c)(3) non-profit organization promoting healthy and active lifestyle choices and is facilitated by the Nebraska Sports Council.