



Grab your friends, grab your family, grab your co-workers, and let's get healthy.

Free *Healthy Living* **Free**

Own Your Own Health (OYOH) is a "3-month" competition that encourages Louisianans to develop healthy activity and eating habits.

Participants are encouraged to form teams of 2-10 or they can compete as individual participants. Kids and teens may have as many team members as they like. Your team will challenge other teams from the Natchitoches area. Natchitoches teams will then challenge other teams state wide.

Teams and Individual participants can choose from one or both challenges:

Physical Activity



Tracks how many steps/miles you walk

Weight Loss



Tracks how much weight you lose

AND/OR

- Chances to win prizes and incentives every week**
- Weekly activity, nutrition and recipe tips via e-mail**
- Personalized online dashboard to track your progress**
- Team Leader boards**
- Personalized meal plans**
- Customized Workouts**



To download entry forms or register online visit: www.healthycommunity.ca/LWL. For more information email us: oyoh@la.gov or call 225-342-4886 or 1-866-562-9015