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Happy New Year!

Washington County Public Health would like to take this opportunity to encourage you to start off the New Year by participating in the **Live Healthy Iowa 100 Day Challenge**. The Health Department is signing up two teams and would love to see teams from all over the county sign on to a healthier lifestyle in 2010. Teams compete with all participants across the state as you log in your team miles and/or total team weight loss each week. Challenge each other in the workplace! Organize a group of friends! Encourage a youth group or a class to sign on! Encourage participation in your civic organizations!

On-line registration is available NOW – <http://www.livehealthyiowa.org/asp/programs.aspx> -

Challenge runs January 14 - April 23, 2010.

Cost: \$20.00 per person

Participants form teams of 2-10 adults to motivate and support each other in achieving their fitness and weight loss goals. Each team needs to choose one person to be its team captain who will have regular computer and internet access. Teams may participate in the Minutes of Activity Division and/or the Weight Loss Division. Through this website, team captains register a team and team members report their progress weekly. This site also provides a daily journal and message center to help keep team members connected and involved in making health changes to reach their fitness and weight loss goals. All Live Healthy Iowa participants will benefit from the following:

- Live Healthy Iowa training t-shirt
- The chance to win individual and team prizes throughout the 100 Day Challenge
- Weekly activity, nutrition and recipe tips via e-mail
- A personal online tracking page
- Team leader board
- Everyday Coupon Book containing valuable discounts and health information
- 100 Days of access to Training Peaks
- Meal plans, Workouts and more!

Upon registering for LHI and logging onto your personal dashboard, a one-year subscription to one of the lifestyle magazines listed below is included in your participation fee.

Together we can make Washington County healthier in the New Year!

Note from Our Administrator

I would like to take this opportunity to wish all of you a Happy New Year and thank you for the opportunities we have had in 2009 to interact with you personally or professionally. We are grateful for your interest in the Health Department and your willingness to work with us as partners in many capacities. The field of Public Health continues to be filled with change and new challenges. We remain committed to meet these challenges and provide appropriate measures to address them.

A building/finance committee has worked extremely hard throughout 2009 to interview and hire an architectural firm, work with the firm to identify a location for a Public Health facility, and identify funds and strategies to pay for a project of this magnitude. A huge goal for 2010 is to secure grant funding and financing, purchase an identified lot on North Iowa Avenue and begin construction of a new facility for the Health Department. Many thanks to Terry Philips, Virginia Bordwell, Steve Olson, LaVerta Eberly, Jim Miksch, and David Patterson for their dedication and commitment to this process. We wouldn't be this far without all of your efforts.

Visit our website (www.washph.com) for updates on the building progress throughout 2010.

Edie Nebel, RN, BSN, MSN
Administrator