

Motivation Focus Strength Passion
Grit **SuperPowers** Persistence

LiveHealthyLiveWell

SuperYou

Join the Live Healthy Live Well *Super Powers for a Super You! Challenge*

When? April 9, 2018 – May 21, 2018

What does it cost? Nothing – Participation is Free!

Who can participate? Any adult with an email account



Includes? E-mail challenge messages sent 2 times per week, a health tracking log, and many encouraging tips!

Why? To become a Super You! and to improve your health and wellness this spring!

Sign up for the *Super Powers for a Super You!* Challenge at this URL:

<http://go.osu.edu/MiamiSp18>

(case sensitive)

For more information contact:

Alisha Barton

Barton.345@osu.edu

Join our Blog:

<http://livehealthyosu.com/>

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Receive our text messages:

Text @lhlw365 to 81010



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COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES