



HEALTHY LIVONIA'S

# 100 DAYS to Health

Feb. 27 through June 5

This winter we have an amazing offer you CANNOT miss! You will have the opportunity to participate in a community wide event benefiting the whole family. You will be able to participate in exercise classes, nutrition and wellness seminars, rock climbing, FREE Friday workouts, open swim and much, much more!

Age	Member	Resident	Non-Resident
Adult (19-61)	\$50	\$60	\$90
Senior (62+)	\$45	\$55	\$80
Family	\$80	\$95	\$140

Open to ALL Ages and Fitness Levels!

## Kick-Off Event

**Sunday, Feb. 27 from 9-11:30 a.m.**

Come on in to the Kirksey Recreation Center and pick up the Healthy Livonia's 100 Days to Health Swag! The first 150 participants will receive the official 100 Days to Health workout bag, water bottle and workout towel. We will also be handing out day passes in order for you to enjoy the use of the Kirksey Recreation Center for the day. Weigh-in for the Weight Loss Fitness Challenge!

### 9:30-10:15 a.m. Beyond the Plate: Redefining "Health"

When you hear the term "healthy eating," what comes to mind? Foods that you need to avoid? "Good" foods to add to your diet? Healthy eating is much more than what we eat. It's also how we eat, why we eat, where we eat, and who we eat with; as well as the types of foods we have access to, our schedules, our budgets and so much more. In this presentation, Registered Dietitian and Certified Intuitive Eating Counselor Mary Balog will discuss and provide food-based strategies for optimizing individual and community wellbeing.

### 10:30-11:15 a.m. Quit Quitting: The Link Between Mental Resilience and Physical Tenacity

Are you a person who begins a new diet or exercise program and starts off really strong and motivated, but then after a while, you completely lack the desire to continue and it falls by the wayside? Are you the person who has 10 books that you've started, but none are finished? Why do some people seem immune to the boredom, the drudgery, and the perceived pain of such persistence? Come find out the practical steps to overcoming the overwhelming desire to quit when it gets uncomfortable so you will be able to push through and successfully attain your goals! Presented by Keri Lappi, the author of "Just One Thing: Simplifying the Mystery of a Healthy Lifestyle," an integrative nutrition health coach, and the owner and founder of Energetic Wellness Coaching.

### We invite you to participate in the Healthy Livonia CARROT Wellness Coin Collector Challenge.

We invite you to participate in the Healthy Livonia CARROT Wellness Coin Collector Challenge. Challenge begins Tuesday, March 1, and ends Tuesday, June 7. The object of this challenge is to collect as many CARROT Coins as you can within the 100-day period, by achieving your Daily Steps Goal. The Top 10 Coin Collectors will participate in a \$1,000 prize pool. Don't have the CARROT Wellness app? Livonia residents can download and sign up for free under the Healthy Livonia tab to learn more. For questions regarding the app, please visit the FAQ section on the app and/or email support@carrotpass.com.

## Closing Event

**Sunday, June 5 from 9 a.m. to 7 p.m.**

Last chance to weigh in for the Weight Loss Fitness Challenge, Come to the center anytime and receive a day pass for this day, to use the center one last time.

