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Chamber Launches Live Healthy Champaign County

The Champaign County Chamber of Commerce will kick off Live Healthy Champaign County, a 100-day challenge designed to improve county residents' health and fitness through team-based weight loss and physical activity.

The program officially kicks off on Thursday, January 14. On Friday, January 22, the Chamber will host a Lunch and Learn at 11:30 a.m. at the Chamber office, 1817 S. Neil St., Champaign. The featured speakers will be Brittney Cromwell, exercise physiologist in cardiac rehab and a dietician at Provena Covenant Medical Center, and Kelly Boeger, registered dietician at Provena Covenant Medical Center.

Live Healthy Champaign County is part of Live Healthy America, a team-based weight loss and physical activity program designed to help employees make positive changes that lead to a healthier lifestyle through increased physical activity and improved nutrition, while encouraging support and teamwork among employees.

The Chamber has launched this program as a benefit for its members. Live Healthy Champaign County is an affordable, user-friendly wellness program that can be adopted by its member businesses. The Chamber recognizes the value of healthy employees, and research has shown that for every \$1 the average company invests on its worksite wellness program, it sees a return of \$3.40 to \$7.88. In addition, fitness programs have reduced employer health care costs by 20-55 percent, reduced short term sick leave by 6-32 percent, and increased productivity by 2-52 percent (source: Live Healthy America).

Participants form teams that track weight loss and/or minutes of activity during the 100-day challenge. The teams track their progress against other teams and organizations across the nation.

Live Healthy Champaign County is sponsored by the Chamber, Provena Covenant Medical Center and Benefit Planning Consultants, Inc.

For more information on the program or to sign up your team, visit www.livehealthychampaigncounty.org.

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