



www.livewell4health.org

{ Passport to Health }



Your journey to wellness starts HERE!

The Livewell Passport to Health is a way for you to learn about opportunities in your community that support physical activity, nutrition and overall health. With this passport you earn "stamps" each time you participate in one of the activities listed. *(you will not receive actual stamps, you will just fill in the date of each activity)* You can collect stamps between **July 1st - September 7th**. Once you have collected as many stamps as you can, turn in your passport to your local health department. You must collect a minimum of 25 stamps in order to be eligible for the prize. One winner will be drawn for a **FIT BIT CHARGE**. Deadline to turn in your passport is **SEPTEMBER 16th**. See the attached two pages for a list of passport activities.

Local Contacts:

Crawford
231-236-7589

Kalkaska
231-236-7589

Lake
231-355-7529

Manistee
231-316-8558

Mason
231-316-8578

Mecosta
231-305-8659

Missaukee
231-876-3817

Newaygo
231-355-7531

Oceana
231-316-8578

Wexford
231-876-3817

LIVE WELL

{ Passport to Health }

Page 1

Each time you complete one of the activities listed below, fill in the corresponding circle with the date and name of the activity. You will not receive actual stamps.

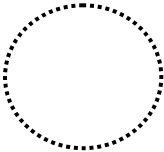
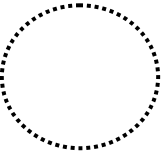
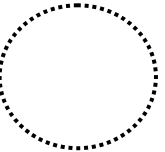
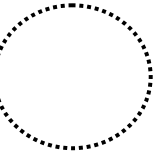
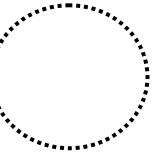
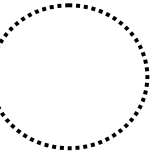
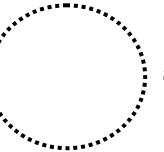
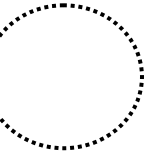
Name: _____

Phone: _____

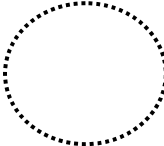
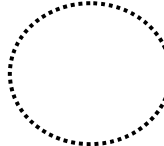
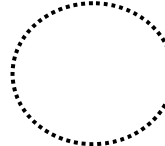
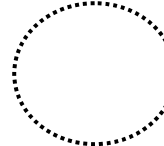
County of residence: _____

Email: _____

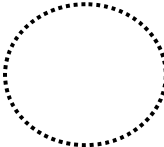
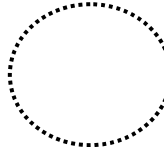
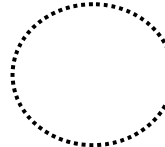
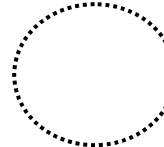
Purchase fruits or vegetables from a Michigan Farmers Market

							
---	---	---	---	--	---	---	---

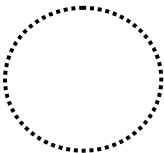
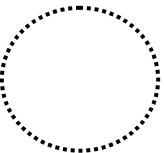
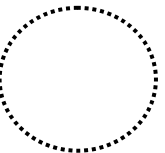
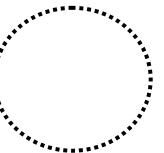
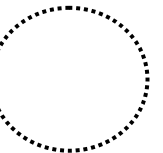
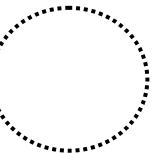
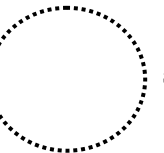
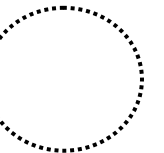
Use your EBT card at a Michigan farmers market

			
--	---	--	--

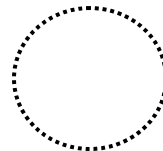
Run or walk a race - 5k, 10k, 13.1, 26.2, triathlon etc.

			
---	--	---	---

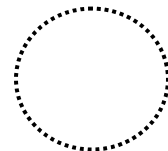
Participate in any Livewell activity listed on the website - www.livewell4health.org

							
---	---	---	---	--	---	---	---

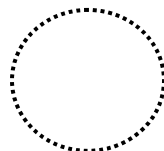
Follow us on Twitter - <https://twitter.com/livewell4health>



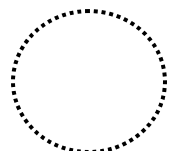
Sign up for weekly newsletters on the Livewell website - www.livewell4health.org



Follow us on facebook - www.facebook.com/livewell4health



Register on the MiHealthierTomorrow website - www.michigan.gov/mihealthiertomorrow



LIVE WELL

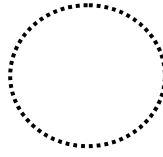
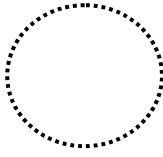
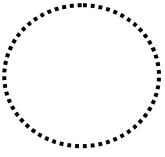
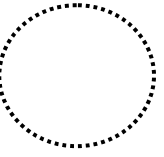
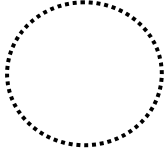
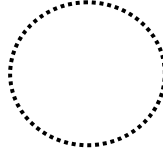
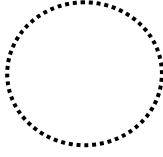
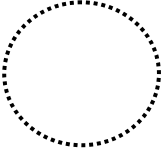
{ Passport to Health }

Page 2

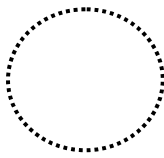
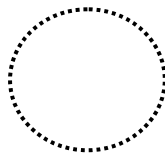
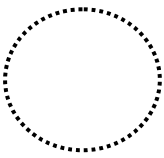
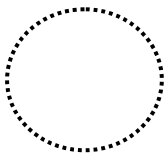
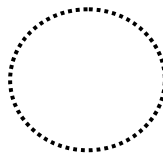
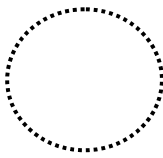
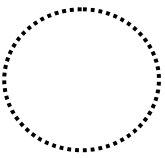
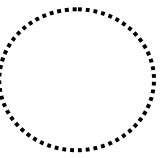
Name: _____

Phone: _____

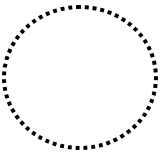
Complete 150 minutes of planned exercise in one week

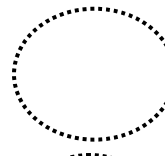
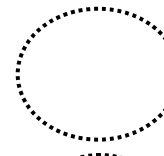
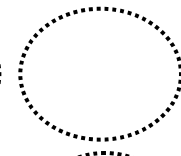
Participate in a weight loss support group such as TOPS or Weight Watchers

							
---	---	---	---	---	---	---	---

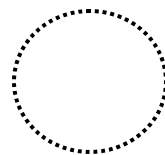
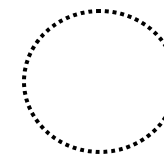
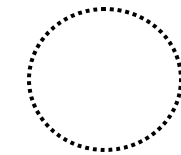
Snap a picture of yourself living well and tag us on facebook - www.facebook.com/livewell4health



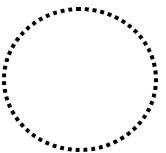
Participate in a worksite wellness activity at your worksite

		
--	---	---

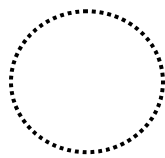
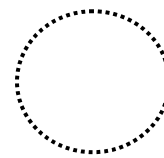
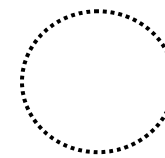
Attend a health fair

		
--	---	---

Complete your annual physical - give yourself a stamp if your annual physical is up to date even if you didn't complete it between July 1st and September 7th



Complete a nutrition class through MSU-Extension

		
---	--	---

Lose 5-7% of your body weight if your BMI is over 25
to calculate your BMI visit www.livewell4health.org

