



# LiveWell

Helping the community  
live happier, healthier lives.

Join the LiveWell movement now!

Make a team.  
Achieve your goals.  
Live well.

## 1. Make a team

Log on to LiveWell's web community.  
Do it together with friends & family.



## 2. Achieve your goals

Set health goals each week using helpful information  
from Mayo Clinic.

When you achieve goals, you earn points and win awards  
that your friends can see.

Encourage your friends to meet their goals too!



## 3. Live well

Develop daily health habits that will keep you healthier  
and happier for the rest of your life.



### What is LiveWell?

LiveWell is a community-centered health program sponsored by Mayo Clinic. Organizations all throughout the community are taking part in LiveWell, from activities at churches and the workplace to healthy food options at supermarkets and restaurants to group discounts at the gym.

At the core of LiveWell are Wellness Teams, designed for you and your family and friends to come together and support each other's healthy habits.