



# Intermountain Healthcare's Summer LiVe Well Challenge Begins Soon

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SALT LAKE CITY, UTAH, USA, June 15, 2017 /EINPresswire.com/ -- Intermountain Healthcare is kicking off the summertime with a new initiative for getting Utahns healthy and staying active. The Summer LiVe Well Challenge kicks off June 19th where individuals, friends, and families will be given a new adventure once a week to complete.

The weekly missions will be a variety of physical, nutritional and social tasks. Challenge examples range from choosing a new hike, trying new recipes, or focusing on getting more sleep. Every challenge builds on Intermountain's mission of helping people live the healthiest lives possible. Utahns have advantages of living in a healthy environment with a natural outdoor playground in the surrounding valleys and mountains. The LiVe Well challenge works to get everyone outside, away from the electronics, and to reconnect with family and friends.

Participants that complete seven of the ten weeks are eligible for a grand prize drawing, and it is free to enter. Weekly prizes will also be given. The grand prize is a two-night getaway at Snowbird Ski Resort in Utah. Registration ends on June 16 with the challenges starting the following week and continuing until August 25.

A weekly email will give participants information on what to accomplish each week. There will also be helpful advice and tips that center on that week's mission. The email will contain information on how to record the previous week's goal.

Register at [intermountainlivewell.org](http://intermountainlivewell.org) and while you are there, check out tips on living a healthier life.

Intermountain Healthcare is a Utah-based not-for-profit system of 22 hospitals, 180 clinics, a Medical Group with about 1,500 employed physicians and advanced practitioners, a health plans group called SelectHealth, and other medical services. Intermountain is widely recognized as a leader in transforming healthcare through high quality and sustainable costs. For more information, visit [www.intermountainhealthcare.org](http://www.intermountainhealthcare.org).

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