

# Lt. Governor Patty Judge's 'Your Heart Is In Your Hands' Challenge



This **FREE** 12-week incentive-based online program rewards you for achieving your physical activity and nutrition goals. And when you reach your goal(s), we will present to you the Lt. Governor's Medal of Wellness!!

Signing up is easy! Just visit  
[www.ltgovernorschallenge.us](http://www.ltgovernorschallenge.us)  
click on "Register"

**Questions?**

Please contact Jennifer DeWall at  
[jdewall@idph.state.ia.us](mailto:jdewall@idph.state.ia.us) or 515-242-5813