

# Spring Forward

## 4 Health



### Live Healthy Live Well

#### Join the Live Healthy Live Well's *Spring Forward 4 Health!*

Now is the time to wake up and spring forward into a new health routine. Don't just reset your clocks; reset your lifestyle with a renewed commitment to moving more, eating more plant foods, and making small (but vital) changes that may reduce your risk for chronic disease.

**When?** April 10 – May 22, 2017

**What does it cost?** Nothing – Participation is Free!

**Who can participate?** Any adult with an email account

**Includes?** E-mail challenge messages sent 2 times per week, a health tracking log to help you make changes, and lots of encouraging tips!

**\*\*Optional texting available during the challenge**

Sign up for ***Spring Forward 4 Health***  
Wellness Challenge at:

<http://go.osu.edu/PIKE17SP>  
(case sensitive)



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

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