

# STEP FORWARD AND TRANSFORM YOUR SCHOOL!



## JOIN THE HEALTHIER 901 SCHOOL CHALLENGE

Schools across Memphis-Shelby County Schools are joining the Healthier 901 movement powered by Methodist Le Bonheur Healthcare, challenging our community to shed one million pounds over the next three years. By partnering with local schools to kickstart the Healthier 901 School Challenge, we're creating a healthier, happier community one step at a time. In fact, the first school to reach 100% employee participation will be recognized as the healthiest school in the Mid-South and will receive a trophy, special media and promotional mentions, and, of course, bragging rights!



Visit [healthier901.com/schoolchallenge](https://healthier901.com/schoolchallenge)  
or scan the QR code to join the  
Healthier 901 School Challenge.



Thank you to our partners in health!



POWERED BY



**Methodist**  
Le Bonheur Healthcare

# START HERE WITH FREE RESOURCES, EVENTS, DISCOUNTS AND MORE.

By joining the Healthier 901 challenge, powered by Methodist Le Bonheur Healthcare, you'll have access to several resources, including the free Healthier 901 wellness app, events, partner discounts and more.



## Free app to track your progress

Record weight loss, track activities, monitor steps, log meals, manage calories, discover healthy tips and chat with community members plus the Healthier 901 app integrates with other fitness apps you may be using.



## Access to events and group activities

Discover family-friendly events and activities to embrace mindful practices that rejuvenate the body and restore the mind.



## Discounts and sponsored monthly giveaways

Program sponsors and local partners offer discounts and prizes to participants each month.



## Access to healthy recipes

Discover flavorful dishes crafted to fuel your well-being, featuring wholesome ingredients you can cook at home for a healthier you.



## Resources to keep you motivated

Discover additional healthy resources to keep you motivated and in charge of your journey.



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