

# LT. GOVERNORS' CHALLENGE

## Your HEART is in your HANDS

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Heart disease is the #1 killer of both men and women. But, you can lower your heart disease risk by as much as 82% through your nutrition, fitness, and health choices. Five servings of fruit a day lowers heart disease by 60%, and three servings of vegetables a day lowers heart disease risk by 70%. Your heart is in your hands.

The Lieutenant Governors' Challenge is a 12-week reward based program. Participants may work toward heart health through fitness choices, healthy eating choices, or both. You can earn fitness points by doing everyday activities like walking or housework. Or, you may also use the Challenge to meet and manage your personal nutrition goals. Making nutritious food choices earns points towards a lapel pin medal. **At the end of the 12 week period**, each person who meets the points goals receives a lapel pin medal. You must enter your nutrition/physical activities into the website within 10 days of completing them.

You may choose to sign up your entire company, classroom or civic group.

**Step 1** – Sign up as a group coordinator for your organization/group for the Lt. Governors Challenge. Go to the [group sign up page](#) to sign your group up. Once you sign up, it will take 24 hours for your group to be approved and become active.

Once your group is signed up, there are two methods to have your group members participate in the program and have their data entered.

**Method 1** – Have participants sign up on their own and track their own progress.

Members of your organization group may sign up at the [individual registration page](#) as a participant and be included in your group. Participants will be able to record their own activity and as group coordinator you will be able to review their progress. At the bottom of the page, a participant selects the state where the organization resides and the next menu changes. Your organization name will then show up and they will be able to select it to join your group.

**Method 2** - Sign up individuals and enter data for your participants. As a group coordinator, you will have the option to sign people up for the Lt. Governors' Challenge and help them track their activity. This is an excellent option for classroom teachers or for groups that have limited computer access. Once you have registered as a group coordinator, go to the [group coordinator page](#) and use the login information that you supplied when signing your group up. From here you can do the following:

View Participant Record – you will be able to view any participant record whether you signed them up or they signed up on their own. If you are entering data for individuals, you can also log their activities from this page.

View All Participants – This is a summary page that allows you to look at each participant's progress.

View / Download Statistics Summary – This will provide you a summary for your organization. It will tell you the total number of lapel pin medals awarded, minutes of physical activity completed and points awarded for nutritional intake.

Add/Edit Participant – From here you may add participants and edit their contact information if needed.

If you have any questions, please contact Morgan Mundell at [mmundell@csg.org](mailto:mmundell@csg.org). Thank you for your participation in the Lt. Governors' Challenge!!