



A HEALTHIER STATE HOUSE

HEALTHIER LEADERS • HEALTHIER VERMONT

Vermont's public leaders are joining forces to achieve a healthier Vermont. Team up with your colleagues to be a part of this exciting personal and statewide transformation.

Join *A Healthier State House* and tap into your inner awesome, and with ongoing support, we'll all live healthier, set a great example for the people we serve, and have incredible tools to take back to our communities.

Here's how it works: Thanks to a partnership with Fitbit, teams will compete over the next several weeks and beyond, engaging in fitness and health challenges designed to make healthier choices easy and exciting. This friendly competition is a great way to have some fun during the legislative session while we all work towards improved personal and statewide health. Ongoing access to health resources will be available for all participants.

Learn more and join the revolution:

A Healthier State House Kick-off
Tuesday February 13, 2018, 8AM to Noon
State House Room 10

We will have some Fitbits available at the event to purchase if you don't already have one, or you can visit www.fitbit.com/welcome/healthystatehousevt to order your own.**

This program is brought to you by the Vermont Association of Hospitals and Health Systems & RiseVT.

***The first 50 people to order a Fitbit using this unique URL and a promo code provided by VAHHS will receive a special discount on their purchase. For more information and to receive your promo code, call Judy at (802) 505-0699 or e-mail. judy@vahhs.org.*

