



GENERAL WELLNESS

KICKSTART YOUR WAY TO HEALTHIER LIVING WITH FREE NIKE SNEAKERS

By Your Health Staff

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A Chance to Win a Free Pair of Nike Sneakers Every Day in August!

If you've been dreaming about a new pair of sneakers to carry you into fall, has [Healthier 901](#), powered by Methodist Le Bonheur Healthcare, got an awesome sponsor giveaway opportunity for you!

Thanks to a generous donation from Nike, our [Healthier 901 Fest](#) premier sponsor, the athletic apparel icon is giving away a brand new pair of Nike sneakers every single day in August. That's 31 chances (!) to bring home some sweet sneaks to support you on your trek toward a healthier lifestyle—not to mention all the other built-in benefits that come with a (free!) Healthier 901 membership.

How to Enter

- If you're already a Healthier 901 member, you're automatically entered to win!
- If you have NOT signed up with Healthier 901, you can enter to win fresh Nike kicks simply by creating a free account at healthier901.com.

Just remember—the sooner you sign up, the more chances you'll have to win! Daily giveaway drawings will take place at 3 p.m. CDT, with sneakers awarded to a different winner every day from Aug. 1-Aug. 31.

"What we eat and how we move greatly influences how we feel. Healthier 901 aims to ignite new health and wellness habits, which can significantly improve our longevity and reduce our risk for many long-term illnesses like heart disease and cancer," said Methodist Le Bonheur President and CEO [Michael Ugwueke](#), DHA, FACHE. *"We are sincerely grateful to Healthier 901*

sponsors and community partners like Nike for rising to the challenge and investing in a better quality of life for Memphians and Healthier 901 members all across the Mid-South.”

Daily Giveaway Details

- Drawings will take place at 3 p.m. CDT from August 1-31
- A different winner will be selected every day
- Winners will be notified via email and recognized on Healthier 901's digital platforms

By registering for Healthier 901's wellness app, you are eligible to win sponsor prizes via random drawings. As a condition of participating, you agree for Methodist Le Bonheur Healthcare (MLH) to use your name on social media and the Healthier 901 website if you win. Restrictions do apply and final shoe selection is at the discretion of Nike and its affiliates. Must be a registered Healthier 901 user and 18 years of age or older. By registering for the app, you also give your permission for MLH communications staff to contact you about publicly sharing your Healthier 901 story. You have the right to decline to share your story. You may cancel your registration with Healthier 901 at any time.

About Healthier 901

Healthier 901 was launched to inspire lasting, positive change among individuals throughout our Mid-South community, and so far, nearly 8,000 people have joined the movement. We'll be celebrating lots of big wins from our first year of programming at the second annual [Healthier 901 Fest](#) on Saturday, Aug. 31, from 10 a.m.-2 p.m. at Shelby Farms Park, where we will select the winner of our 31st and final pair of Nike sneakers. All contest winners will be notified via email and recognized on Healthier 901's digital platforms.

Healthier 901 aims to inspire lasting, positive change in the Mid-South community by promoting healthy habits and wellness. With nearly 8,000 members already, join the movement today and gain access to:

- On-demand workouts
- Food and fitness trackers
- Healthy recipes
- And more!

Join the Movement

To learn more about the Healthier 901 movement, enter to win free Nike sneakers and gain free access to on-demand workouts, food and fitness trackers, healthy recipes and more, visit Healthier901.com and create your complimentary account today.

NOTICE TO ALL STUDENT ATHLETES: National Collegiate Athletic Association rules strictly prohibit high school student-athletes from receiving special arrangements or “extra benefits” based upon athletic ability. Shopping at the Nike Employee Store is considered by the NCAA to be an “extra benefit”, which may lead to the ineligibility of a student-athlete.

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