



**CHANGE STARTS TODAY.  
AND IT STARTS WITH YOU.**



## JOIN THE HEALTHIER 901 MOVEMENT

More than one-third of our community is directly impacted by obesity, putting Mid-Southerners at a higher risk of developing life-threatening conditions. Together, we can change this and help create a healthier and more active community. Join the Healthier 901 movement today!

[healthier901.com/app](https://healthier901.com/app)

POWERED BY



**Methodist**  
Le Bonheur Healthcare

**cigna**  
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.



## 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.



Join the movement by  
downloading the app  
[healthier901.com/app](https://healthier901.com/app)

