



# Welcome to **NCHPAD's 14 Weeks To A Healthier You!**

## ***What is the program?***

A free, personalized, web-based physical activity program.

- Designed for people with mobility limitations, chronic health conditions and physical disabilities.
- The Goal is to help you get moving and making healthy nutrition choices.
- The duration of the program is 14 weeks.

## ***How does it work?***

- You register online for the program and tell us a little about yourself.
- We take your information and provide you with personalized resources and exercises that meet your individual needs over the course of 14 weeks.
- You receive new material each week that builds on the previous weeks.
- For best results, visit our website at least once a week.

## ***What do I get throughout the program?***

- New personalized weekly exercises, recipes and nutrition tips.
- Motivational Resources such as articles, tips, reminders and alerts.
- Features to help you track your activity and what you eat.
- Access to 14 week coaches.

To participate: [www.nchpad.org/14weeks/?f=IA](http://www.nchpad.org/14weeks/?f=IA)



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