

Healthy Living for a Lifetime

Health Challenges for the La Crosse Community

Everyone can take steps to live a healthier lifestyle. Changes in nutrition and physical activity levels are two common lifestyle changes individuals often make for themselves. You may declare you are going to drink more water and less soda. You may promise yourself that you are going to walk more to reap the benefits of physical activity.

The La Crosse County Healthy Living for a Lifetime Series can help you meet your health goals! We offer several health challenges throughout the year including The Biggest Health Challenge, the Farmers' Market Challenge, the Fall-30 Activity Challenge, and the Weight Before Fitness Challenge. These challenges are free and open to all community members.

These health challenges provide health tips, recipes, motivation and more! Participants receive a log to track their progress which can then be submitted to be eligible for prizes. Most communication is done through email (email addresses are never shared with other organizations).

For more information, or to sign up for our distribution list to hear about upcoming challenges email Jennifer Logging, jdloging@lacrossecounty.org.