

Sponsored By: Kansas Disability & Health Program

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

What is the program?

A free, 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 resources and exercises that meet your needs over the course of 14 weeks.
- You receive new material each week that builds on the previous weeks.
- For best results, visit the 14 Weeks website at least once a week.
- The University of Kansas will contact you to see what you thought of the 14 weeks program.

What do I get throughout the program?

- 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.

To participate: www.nchpad.org/14weeks/?f=KS



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