

Sponsored By: Kansas Disability & Health Program

# *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.
- The University of Kansas will contact you to see what you thought of the 14 weeks program.

## ***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=KS](http://www.nchpad.org/14weeks/?f=KS)



Voice & TTY: 800.900.8086  
email@nchpad.org  
www.nchpad.org

