

Live Well - LIVE UNITED

FAQ's

What is the Live Well – Live United Spring Wellness Challenge?

-The Live Well – Live United Spring Wellness Challenge is a social media-driven awareness campaign and fundraiser. Every day in May, participants will engage in one wellness activity of their choice and track their progress on social media to raise awareness, illustrate the importance of self-care, and raise funds to support the Northern Colorado COVID-19 Response Fund.

What is Generation United?

- A group of community-minded young professionals who want to make Larimer County a better place by giving their time, talent, and treasure.

What do the donations support and how are they being used?

- All proceeds benefit the Northern Colorado COVID-19 Response Fund. This fund was created through a partnership between United Way of Larimer County and the Community Foundation of Northern Colorado to support local nonprofits serving our most vulnerable populations during the coronavirus pandemic.

Who can participate?

- Anyone can join the challenge! We encourage anyone interested in giving back to the community and connecting with others while focusing on their physical, mental, emotional, and social well-being to participate in the challenge.

Do I have to raise a certain amount of money if I am participating in the challenge? Am I required to make a donation personally?

- No! The default goal on your fundraising page is set to \$250, but you can change that to any amount you like. We encourage you to set a fundraising goal you're comfortable with and do what you can to reach it. We'll be sending a free, limited-edition shirt to participants who raise \$250 or more as a special thank-you gift.

What happens if I don't meet my fundraising goal?

- Every dollar you raise is going toward a great cause, and this challenge is designed to ensure that every gift counts – no matter the size!

“What counts as a ‘wellness activity’?”

-Check out our list below, or come up with your own!

Go for a daily walk · Work out · Take a nap · Practice yoga · Go for a bike ride · Meditate · Talk on the phone to a loved one · Journal · Stay hydrated · Dance · Prepare a healthy meal · Get enough sleep · Perform a random act of kindness · Create something – make art or do a craft project · Garden · Volunteer · Pamper yourself · Read a book · Write a poem · List five things you're grateful for · Anything else that promotes your physical, mental, social, or emotional health!