MOVE AROUND THE WORLD CHALLENGE

JOIN YOUR CO-WORKERS, TRACK YOUR ACTIVITY & COLLECTIVELY SPAN THE GLOBE

Here's a friendly competition that'll really take you places. . . When you participate in the Move Around the World Challenge that kicks off on March 3, not only will you be taking steps toward better health and moving closer to your fitness goals, you might also win big!

With an activity conversion spreadsheet you can request from your department's wellness coordinator, convert your activities (*whether it's yoga, basketball, walking or anything else*) into miles. Those miles will be totaled, updated on the Wellness website, and the top five winners in each department will win a prize. Will you be one of them?

Contact your wellness coordinator to sign up for this six-week journey. For more information, contact the Miami-Dade Wellness Center at 305-375-5797.

Get fit. Get healthy. Get moving!

MIAMI-DADE COUNTY

WELLNESSWORKS
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