

# Hustle Up and Thrive this Fall Steps Challenge

Take the Challenge and set a new goal towards improving your health and fitness this season. It's easy to join and a good way to get you moving more and feeling better.



## THE CHALLENGE

200,000 Steps  
Over 4 Weeks

## REGISTRATION OPENS

July 24

## CHALLENGE DATES

Aug 7 – Sept 1

## ENROLL

- AvMed members visit **HealthyRoads.com**
- Select **"Challenges"**
- Click on **"Hustle Up and Thrive this Fall Steps Challenge"**

## CONNECT

Connect a compatible device to track your progress:

- Select **"My Health"** tab, followed by **"Connected"**

## EARN POINTS

Upon completion of the challenge, you will receive 25 points toward your 75 point goal for the quarter. For each quarter in which you earn 75 points you will be entered to win one of the many \$250 drawings (subject to payroll taxes).

## MORE INFO

For more information contact [WellnessWorks@miamidade.gov](mailto:WellnessWorks@miamidade.gov)