

CHALLENGE NUTRITION CHALLENGE NUTRITION CHALLENGE

FUEL YOUR BODY AND MAKE IT A HABIT

THE WELLNESSWORKS PROGRAM INVITES YOU TO PARTICIPATE IN OUR NEW NUTRITION CHALLENGE

This challenge helps encourage eating a balanced plate by incorporating small changes overtime.

The balanced plate model is a simple tool designed to help you prepare your meals. It can help you allocate your carbohydrate intake, so that you feel full and nourished until your next meal or snack.

THE CHALLENGE

During the month of March, log on to **HealthyRoads.com** DAILY (Monday–Friday) and attest that you are completing the **Challenge Plan** for the 20 days!

4 WEEK DAILY CHALLENGE PLAN

- WEEK 1** - Each day drink a minimum 7 cups of water
- WEEK 2** - Each day drink a minimum 8 cups of water and eat 1 serving of fruit + 1 serving of veggies
- WEEK 3** - Each day drink a minimum 9 cups of water and eat 1½ servings of fruit + 2 servings of veggies + 2 servings of whole grains
- WEEK 4** - Each day drink a minimum 10 cups of water. + 2 servings of fruit + 3 serving of veggies + 3 servings of whole grains

SERVINGS SIZES

The amount of food in a serving is calculated according to your age and sex. For specific guidelines on serving size visit www.myplate.gov/eat-healthy/what-is-myplate or reach out to one of our WellnessWorks coaches at WWOnsitecoaching@Avmed.org.



THE BALANCED PLATE

REGISTRATION OPENS
FEBRUARY 24, 2023

CHALLENGE DATES
MARCH 1–31, 2022

ENROLL

- AvMed members visit HealthyRoads.com
- Select **Challenges**
- Click “Fuel Your Body– Make It A Habit”

FOR MORE INFO

WellnessWorks@miamidade.gov

EARN POINTS + CREDITS

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. WellnessWorks rewards are subject to payroll taxes.

You will also earn 100 credits on the **HealthyRoads.com** website where you enter your challenge information.

To request materials in accessible format contact Myra. Marlow@miamidade.gov five days in advance to initiate your request. TTY users may also use the Florida Relay Service by calling 711.

Presented by the Human Resource Department's Benefits and Employee Support Services Division

