

The Human Resources Department's WellnessWorks Program invites you to participate in our Quarterly Steps Challenge

2023 STEPS CHALLENGE
Q4
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REVIVE YOUR FITNESS

WINTER STEPS CHALLENGE

Get a jumpstart on your fitness before the holidays roll in and join our new steps challenge. Give yourself a gift and improve your health and condition.

THE CHALLENGE

250,000 Steps
Over 4 Weeks

REGISTRATION OPENS

October 23

CHALLENGE DATES

October 30 –
November 25

ENROLL

- AvMed members visit **HealthyRoads.com**
- Select **"Challenges"**
- Click on **"Revive Your Fitness Winter 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 into our Quarterly \$250 drawing. (subject to payroll taxes).

MORE INFO

email WellnessWorks@miamidade.gov

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



To request materials in accessible format, sign language interpreters, and/or any accommodation to participate in any County-sponsored program or meeting, please contact Takia Burnett at 305-375-4585 or takia.burnett@miamidade.gov five days in advance to initiate your request. TTY users may also call 711 (Florida Relay Service.)